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We publish news, views and reflections on the nudist and naturist scene. This includes the wider world, where nudity and naked living are accepted. We believe in the cause of open nakedness and intend to promote it.

We offer a wide platform so all can speak. We believe in tolerance and an open mind to all aspects of naturism. For this reason, the opinions expressed in literary contributions are not necessarily those of the editor.

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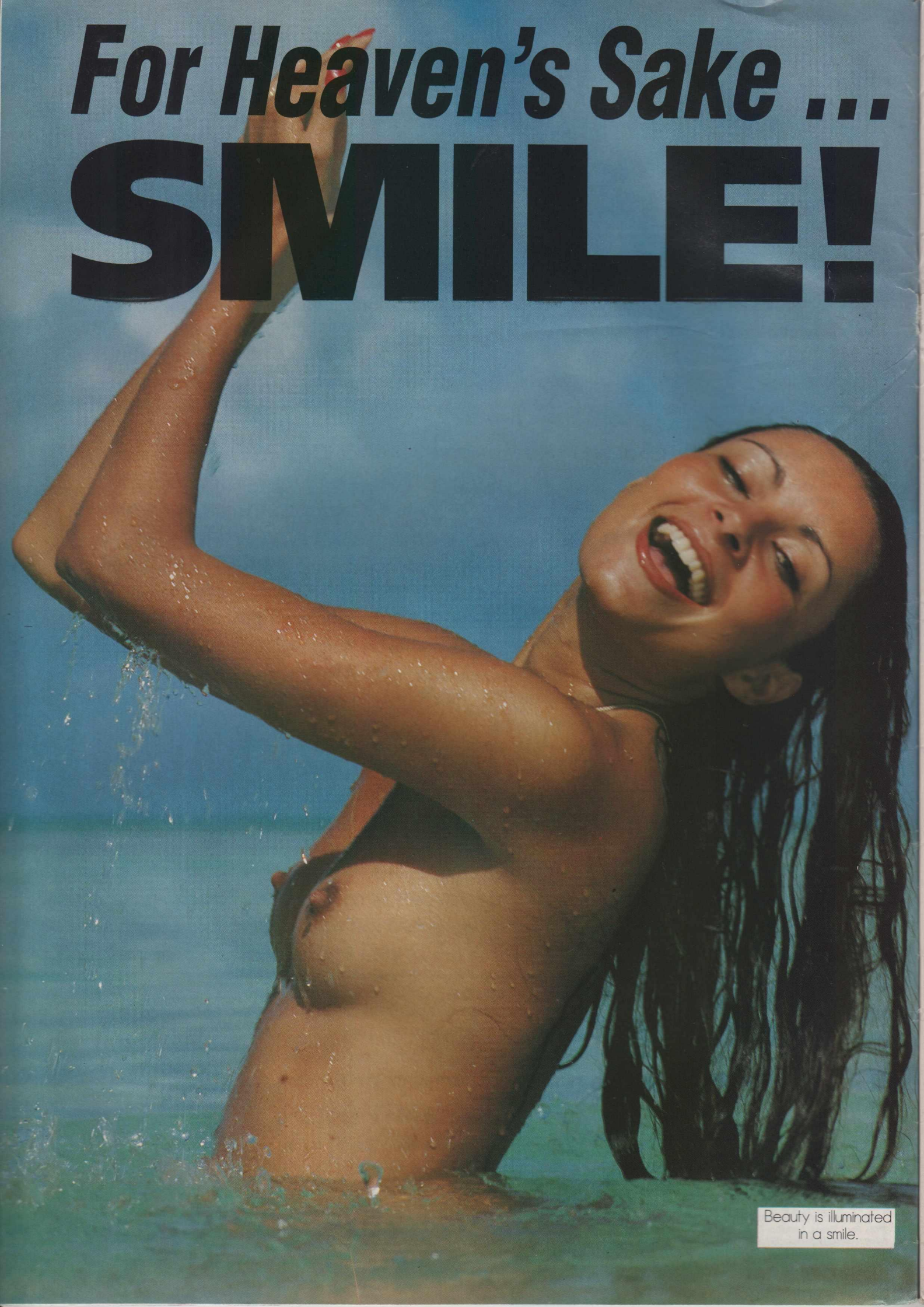


What a line-up.



It's all coming off!

For Heaven's Sake ...
SMILE!



Beauty is illuminated
in a smile.

W

hy is it fashionable to be miserable? The faces that stare out

at us from the magazine covers, the pop stars and the supermodels and the Hollywood hunks, all the latest media darlings; none of them ever smile.

It's a wonder people don't run screaming from the newsagents, desperate for someone to tell them a joke or give them a tickle. These people are supposed to be stars, for heaven's sake. The privileged lucky beggars of society; talented, well-off, adored by thousands, they should be happy.

Just look at them - when did you last see them twinkle? Tight-lipped, blank-faced, inscrutable and 'stay-outta-ma-face!', they look as if they've taken on one of those playground dares - first one to smile is a cissy.

Don't think I'm one of those jolly redcoat types, slapping everybody on the back, demanding instant smiles and on-the-spot laughter.

There's a host of good reasons for you and me to look fed up - the recession, the weather, unemployment, lack of sex.

Without misery we'd have nothing to laugh at. The gagwriters would be out of a job. Sounds daft, but misery does have a useful role to play.

That's exactly why we pay other people to give us a smile, to cheer us up, to be our role models when things look glum.

But now the stars look more miserable than us, what use are their well-bankrolled poses? Why should we pay out hard-earned cash for the doubtful privilege of having their mugs on the cover of our magazines?

I blame James Dean. Ever since this surly teenager struck a pose on the big screen and some smart publicist coined the term 'mean and moody', kids have been trying to ape his 'totally browned-off with life' style.

Poor bloke. Perhaps he had good reason to be miffed - piles or a nasty bank manager maybe.

It's not for us to judge, is it? But why do so many people try and copy him? Why is 'mean and moody' such a desirable tag?

Young people being what they are, they think that 'mean and moody' is the copyrighted attitude of the under-24s. If anyone older does it they're dismissed as 'grumpy'.

They love mocking the likes of Victor Meldrew and Percy Sugden — but isn't that exactly how poor Jimmy Dean would have ended up if he'd carried on having a bag on? Who'd have found him sexy then?

Who started this idea that misery is sexy. Sexy? Yes, if smooching with a dead



A grump who has us all in stitches.

Everywhere you look these days there are hard stony faces. I don't mean those poor beggars standing at the bus stop in the rain - they've a right to be miserable. I'm talking about those people who sneer for a living. Why is it so fashionable to be miserable? Nick Whittaker grins and explains it.



Why do kids try to copy the 'wild ones'?

narwhale is your idea of excitement, you'll be in heaven. 'Sad' is the latest put-down amongst young people. But what's more sad than a miserable face?

All these Glumms, they're frightened to admit that what they really are is simply browned-off. Mean 'n' moody? Mumbo-jumbo more like.

It's not just the male of the species who put on the mean and moody act. Girls are just as bad these days, a theme that's promoted in girlie mags and liberated glossies. It's supposed to be a turn-on to see some model pouting sourly.

The most-used cliché for this look is 'smouldering'. A half-decent actress might just pull it off: as it is these girls are as smouldering as a box of matches that's been dropped in a puddle! They just spoil their natural beauty with a pseudo-show of meanness.

It's far easier to smile. It takes 10,000



"What a blooming nice smile."



Showing off your smile is just as important as showing anything else.

muscles to frown, so the experts tell us - but only 10 to smile. (Still, in a gym-mad society like ours, some people may think the more muscles you use, the cooler you are.)

But even the smile is in danger of being devalued. In our image-conscious society it's become something you can BUY; a designer accessory.

If you've got the dosh you can have £2,000 worth of cosmetic orthodontics - enough porcelain to tile a small bathroom. Not a ridge, chip or groove in sight. Perfectly aligned and unbelievably white. But is it a smile?

My Uncle Ted had teeth stained by 50 years of fag smoke and enough fillings to mend the M1 - but his laugh was so infectious and his eyes so mischievously twinkling that no one gave a hoot about the state of his teeth.

This obsession with the quality of the teeth has led to a damaging self-consciousness about smiling. Is that why there are so many tight-lipped people around? It's not a pose, it's just a very real fear about not having the right kind of smile. A constant worry about the details - are my teeth white enough, are they



"Mean and moody" or plain fed up?

straight enough, are my gums too wide?

And here's the plug for *H&E*. In tune with the mag's natural attitude to nakedness is the natural attitude of the people therein. They're not posing on chaise longues or brass bedsteads, nor are they plastered with make-up or laced into fancy underwear.

H&E people, naturists, nudists, call 'em what you like - they're out in the open, relaxing in the sun or playing netball - and, listen to me, they're smiling.

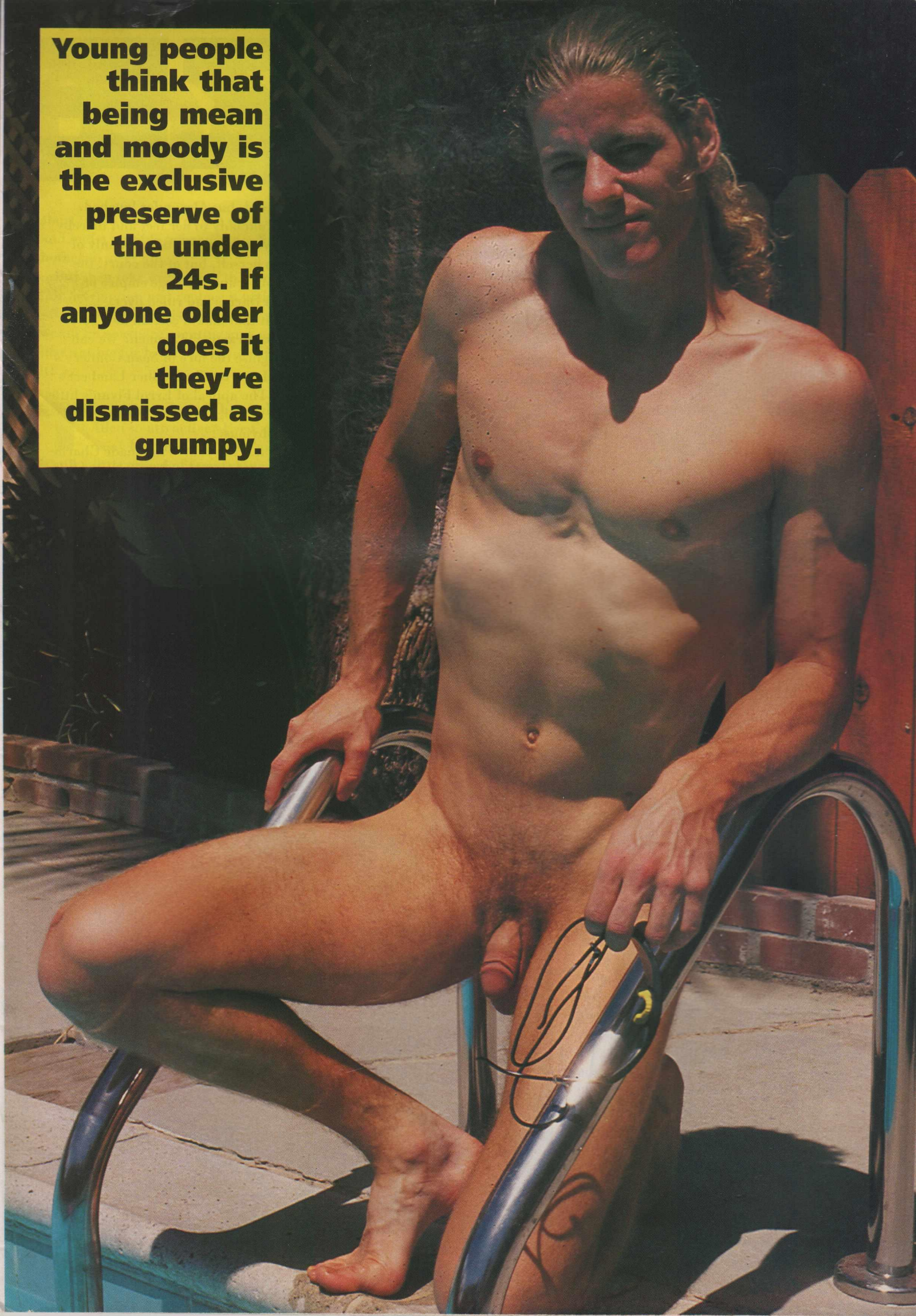
Go on leave me and have a quick flick through the pages. It's a safe bet that there's a heartwarming quota of happy faces. Not Donny Osmond cheesy sort of grins, but real open and unself-conscious smiles.

And a lot of that is to do with naturism. No, it's not propaganda. You shed your inhibitions along with your kegs when you go naked. The freedom that follows soon after just leads to a more open face and a sunnier disposition.

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**Young people
think that
being mean
and moody is
the exclusive
preserve of
the under
24s. If
anyone older
does it
they're
dismissed as
grumpy.**



T SIZE

here is a famous story about Alexander the Great. He went to meet the mother of the Great King Darius, a king Alexander had so thoroughly defeated in battle that Darius ran away, leaving his mother, daughters and the rest of his harem for Alexander to capture.

He went, as he always did with Hephiastion, who was Alexander's "special" friend, which is clearly a euphemism for homosexual relations. When they arrived in front of Sisymbria, mother of Darius, she curtsied to tall, imposing, red headed Hephiastion instead of to short, slightly built, already greying Alexander.

The point of the story is not that Hephiastion looked more like a king than

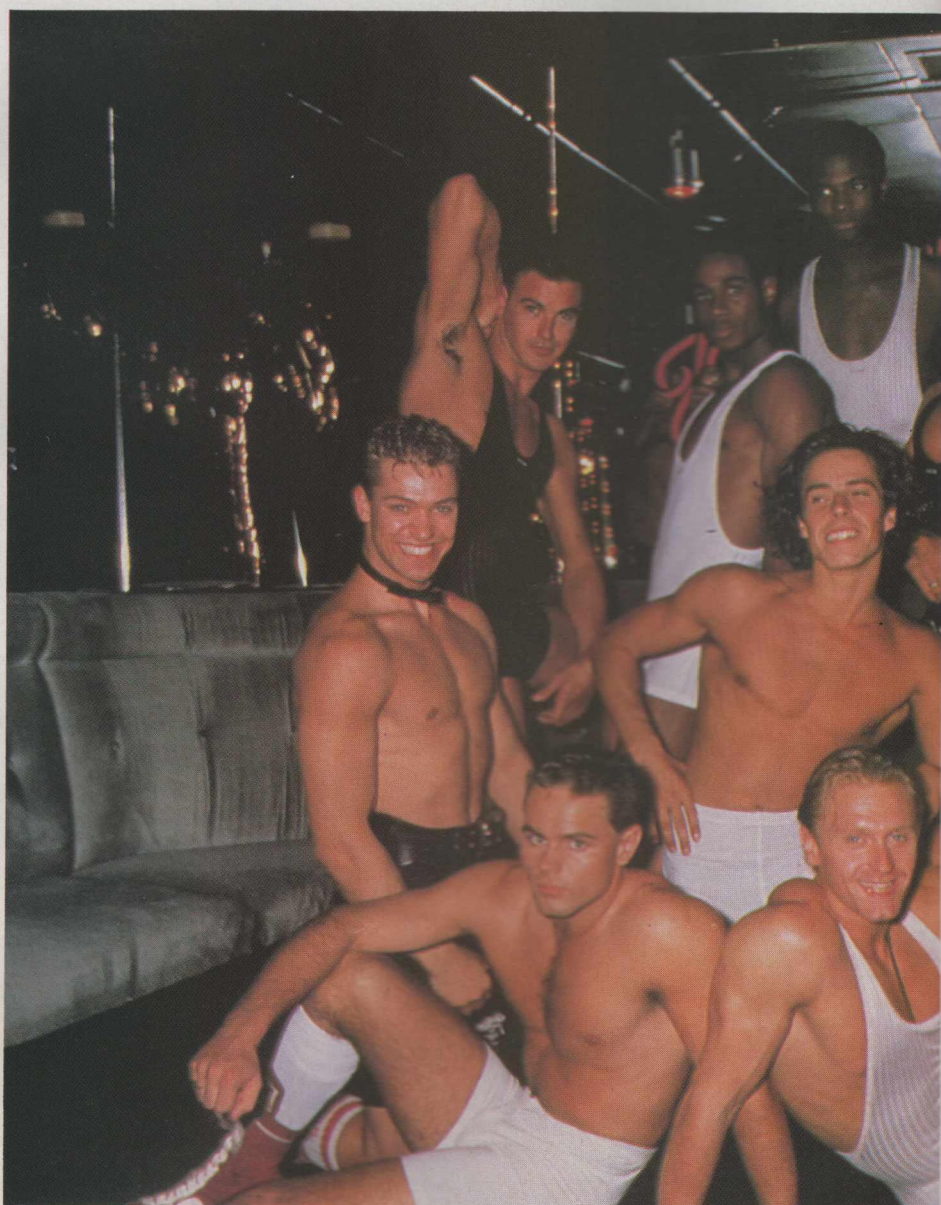
Andrea Langley reckons that all women prefer a man with a big one. They fall at his feet, hang on to every word and eagerly jump in the sack with him because of it. What we are talking about is the ultimate sexual organ - his brain.

Alexander did, but Alexander laughed, helped the old lady to her feet and thereby won the loyalty and affection not only of Sisymbria herself, but of the court, the administration and the huge empire of Persia that Darius had ruled over.

What is it that makes certain men so addictively attractive to women? We can easily recognise the lure of Sean Connery's quirky eyebrow or Christopher Lambert's firm chin. The appeal of Errol Flynn's little moustache or Hugh Grant's tousled hair is perfectly obvious.

Here's a test for you. What made Charlie Chaplin so enticing? Here's another little poser, how do you think a woman would react to being told her blind date was a

Napoleon - a little man with a lot of love.



Are there any brains behind this brown?

Does Matter

short, rude man who didn't wash enough and had a terrible temper? I doubt she'd bother to meet him.

But then take away all of that perfectly fair description and replace it with one name - Napoleon. My bet is that most women would be out there, panting and squirming, just waiting for him to turn up! Strange isn't it?

The list is endless. What makes Woody Allen so attractive? Even since his nasty bust-up with Mia Farrow there is still a little crowd of female fans outside his New York apartment most days.

How do we define the appeal of Dustin Hoffman (an actor who dresses up as a



Does the size of his organ 'downstairs' mean there's anything 'upstairs'?

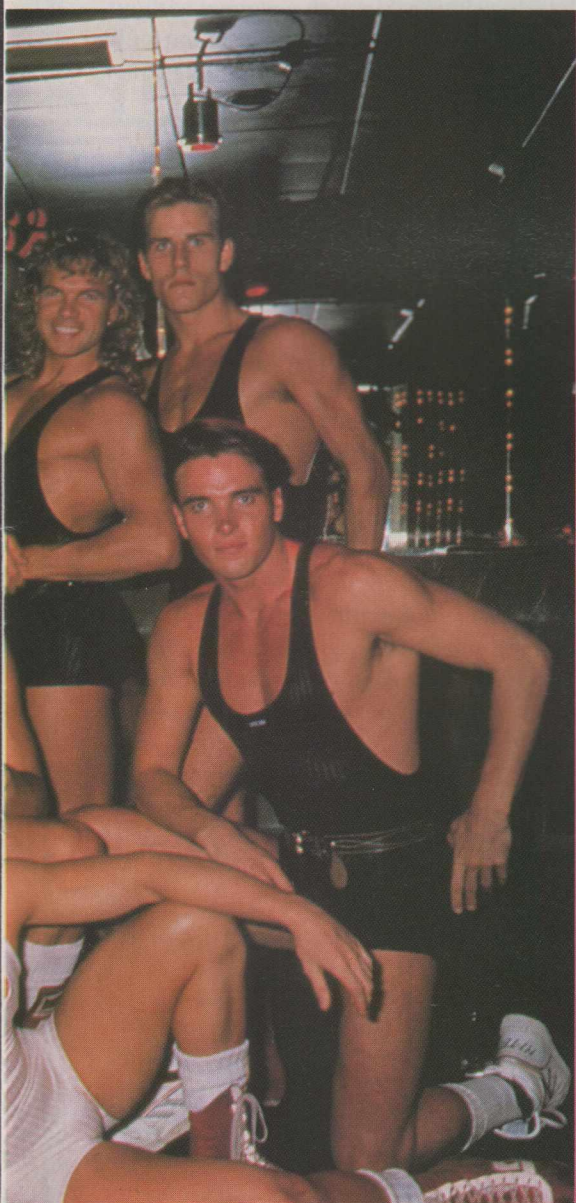
"... all these men had or have is a superlative brain."

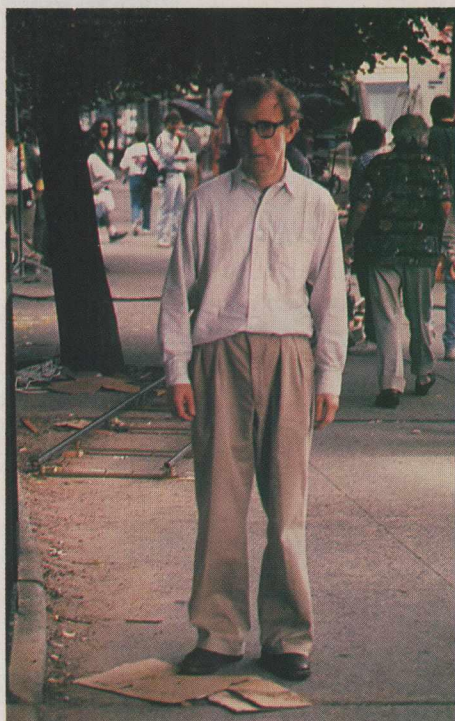
woman or plays an autistic) and what on earth makes up the sex appeal of François Mitterrand?

The easy answer would be to say that they are all rich and famous and that money and power are natural aphrodisiacs. But that is just not good enough.

Napoleon married the creole beauty Josephine while he was still quite a lowly army officer; Charlie Chaplin's power over women was a local legend long before he made it as a silent movie star.

Alexander the Great was not the only son of Philip, nor the most likely to succeed him, but from his earliest childhood he held the women of the Macedonian court, in a spell of





Woody Allen - not short on laughs
nor on women.



Dudley Moore - stature is no reflection
on the size of sex appeal.



Dustin Hoffman - the "thinking woman's"
crumpet.

hero-worship that was to bring him the greatest problems and unhappiness of his short, glorious life.

If all these men had something special before they became rich and famous, what exactly was it that made them so irresistible, and can it be learned?

The answer is that all these men had or have a superlative brain.

Really clever men talk to women. That might seem to be an obvious statement, but in fact most men who fail to impress women make one of two major mistakes.

The first is to talk too much about themselves, the second is to talk to women in a way that is patronising or superficial or bears the marks of a well used routine.

If you watch a Woody Allen film you will see that he seduces women with his tongue, not in any sexually explicit way, but by asking questions about them, by listening to the answers, by building a conversation around the particular interests or fears of a woman, who is made to feel very special, very noticed and very important.

Is it any wonder she ends up going to bed with him? Charlie Chaplin was apparently similar - of course we can't really tell from the films he made, with their stilted subtitles, but off the film set it seems that he much preferred women's company to men's.

He would take his women to dinner and talk to them about their careers rather than his, and he entered fully into their hopes and fears rather than making some sugar daddy pronouncement like, "If you take care of me, I'll take care of you."

Because of this genuine interest in the



Charlie Chaplin - a fool for
romance.

thoughts of others, he was generally able to have a relationship with a woman without being forced to give her a part in one of his pictures, a rare event then and an even rarer one now.

Napoleon certainly wrote love letters to his Josephine, but he also consulted her on matters of policy and on which of his staff he should promote.

His great brain, teeming with ideas of conquest, was able to recognise that in Josephine he had a shrewd judge of character and a willing collaborator.

It may even be true that part of his downfall was divorcing her to make way for a royal bride who brought him much prestige but never became the equal partner in his deliberations that Josephine had been.

And can intelligence be learnt? Sadly, it would seem not. Although we can all learn to appear more intelligent, and even maybe to be slightly faster, more accurate or more wide-ranging in our thoughts, that is not enough.

The hallmark of these men is not that they were intelligent but that they were so intelligent they took it for granted and assumed a similar level of brain power in those around them.

The sad fact is that the average man is so worried about his own brain capacity that he takes every chance to prove how big it is - by making somebody else's look smaller.

It's the same old fear that men try to fight by mocking any poor soul who has a smaller penis than they do, but the reaction of women through the ages would seem to reveal that while penis size doesn't matter, brain-power certainly does!

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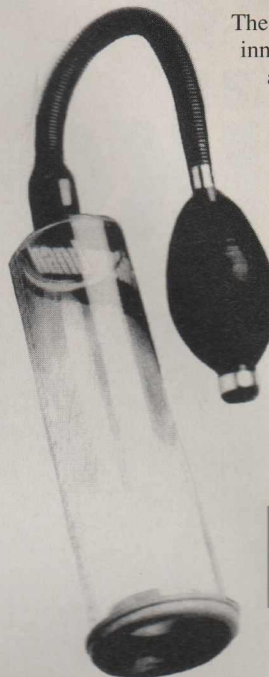
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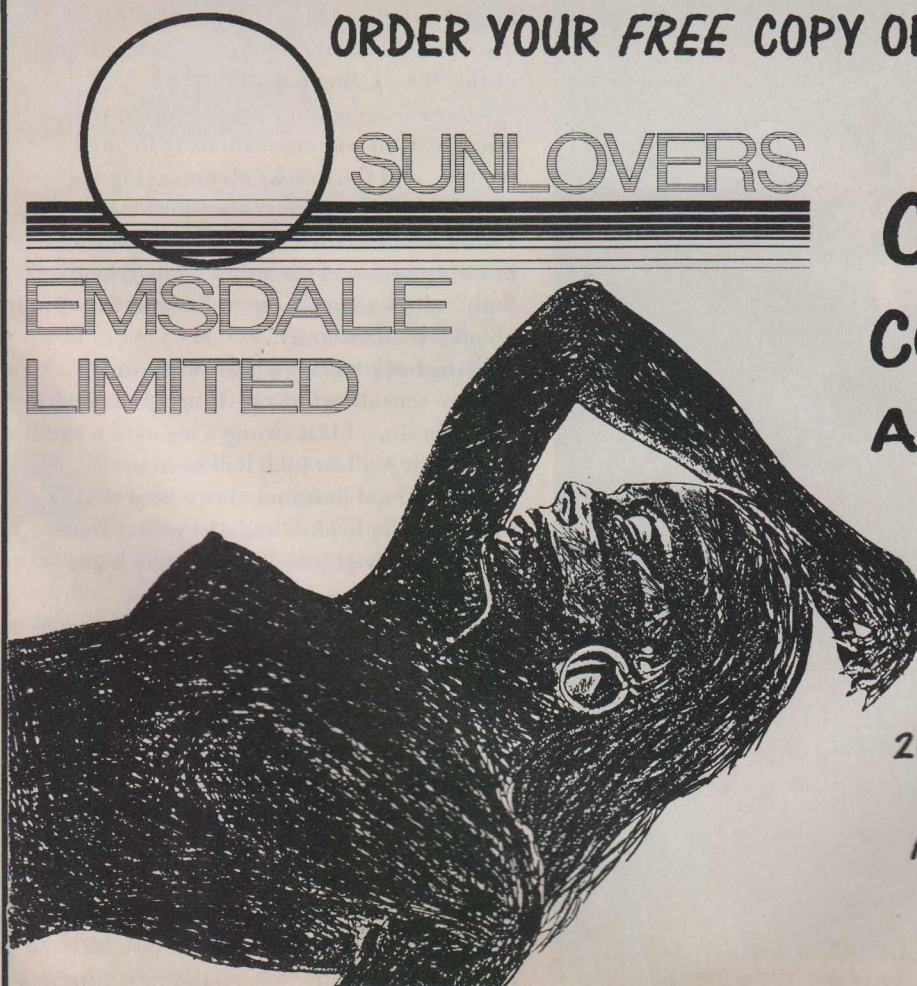
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I've lost my job but gained a life... **When I Get On My Bike and Ride**



I've had an enforced change of life.

The Tory politician Norman Tebbit's infamous and oft-quoted pronouncement that the unemployed of Britain should "get on their bikes and look for work" stirred up a lot of anger and opposition amongst its target audience but I happily followed his advice.

His sentiments may have been an ill-considered, blunder that won him few friends, but coming in the week in which I lost my driving licence they were particularly apposite.

With the prospect of an 18 month ban in front of me and a car I could no longer afford to keep, I flogged it, picked up a discounted mountain bike and became part of the '90s cycling boom.

After the obligatory there-but-for-the-grace-of-God commiserations from my friends, and the cracks about saving the planet while developing shot-putter's thighs, I wobbled off. Not exactly into the sunset, but in the general direction of my friend Sally, who's also a keen cyclist and who lived about five miles away.

Being back on two wheels was quite a strange sensation at first. It must have been 20 years since I last swung a leg over a saddle as a child. My last bike had been a knackered old hand-me-down boneshaker with squeaky brakes and a crossbar that would have frightened an Olympic high-jumper.

My dad had promised to saw it off to give me a fighting chance of mounting the thing in under ten minutes and put an end to the falls and the grazed knees I suffered every time I came to a halt, but it never happened. To the best of my knowledge it's still languishing up in my parents' loft, *crossbaro intacto*.

My new acquisition was a smoother, sleeker and more speedy proposition altogether. The lightweight frame and wheels and 15 gears made even the steepest hills a breeze and it really flew on the way down.



And I'm going to make the most of it.

Sally was duly impressed with my new toy despite her amused concern at my pink and perspiring appearance when she opened the door. She said she'd never seen a jelly wrapped in Lycra before. I replied that I'd make a suffragette of her yet, with the aid of my D-lock and her front railings.

After I'd cooled down Sally suggested we take a ride together, maybe stopping at a pub for lunch. Despite only being early spring it was too nice to stay indoors, and once your blood warmed up you didn't feel the cold, so off we went.

We found a quiet pub that Sally knew and enjoyed a good lunch and a couple of drinks in front of the roaring fire. On one of the walls was an old black and white photo of a number of the regulars standing at the bar, drinking and looking unusually serious and self-conscious given the jovial atmosphere of the place when we walked in. Probably because they were all naked...

It caught my eye, as I have been known to

**You
certainly
see the
sights
when
you're
on a
bike - but
why has
Peter
Taylor
taken
to his new
hobby
with such
enthusiasm?**

No excuse to
stand around
now.





I've got a new toy. And I'm going to have fun with it.

strip off on holiday and I pointed it out to Sally who giggled hysterically into her gin for the next ten minutes although she made no further comment.

The landlord explained that it had been a charity event some years ago, and that they'd been talked into it by the local paper who wanted a hotter angle on the story.

The apprehensive 'nudists' had been persuaded to strip off after copious amounts of booze paid for by the paper, and after a shaky start had all really got into it.

"Mind you," he said, "the paper had to recruit a few members of the local naturist club to swell the numbers. In the end it worked so well that a few of the boys went over to their club to try it again."

"We're having a few of them over next



week for a sort of anniversary reunion, he added. "Your friend told me last week that she might come along, would you be interested?" I looked back at Sally, now grinning like a Cheshire cat behind her drink. She'd always teased me about my hobby and now she'd set me up.

"Yeah, sure, no problem," I replied casually, "we've already discussed it. I bet Sally 20 quid that she wouldn't dare to cycle from the naturist club to here in the nude and she assured me she wasn't in the slightest bit worried. Between you and me I think she's a bit annoyed she missed it last time."

I walked back to her table with two more drinks. She'd need them both when I told her about her change of career. One thing was certain—it was going to be an interesting ride home....

Stretch and exercise.

"It's sure going to be an interesting ride home!"

It's time to warm-up.



"I bet Sally 20 quid that she wouldn't dare to cycle from the naturist club to here in the nude and she assured me she wasn't in the slightest bit worried."



It can be a delicious
experience for both of you.

KISSING the PINK

Talking About ORAL SEX

The main source of most women's sexual pleasure is the clitoris. Agreed, the whole of her body can provide her with the most delightful sensations, but skilled stimulation of her clitoris is the key to her complete orgasmic satisfaction.

And the most profound and exquisite sensations of all can come from the lips and tongue of her lover, either a man or another woman. True, my fingers can bring her off, but they're crude by comparison with the tip of an educated tongue.

The very idea of kissing a woman "down there" turns some men right off, but in my opinion this tells you more about the men than they probably know about themselves because their disgust at the natural body of a woman is obviously disgust at sexuality.

As we've agreed, you can stimulate your lover's clitoris with your fingers easily enough, and bring her to a satisfying enough orgasm – but your fingers don't experience anything very much whereas your lips and tongue can do much more for her while at the same time you'll be enjoying almost as much sensual pleasure yourself.

Pubic hair is another thing you'll need to argue about with your lover beforehand. Some men say that it gets in their mouth



You start to look at your partner from a new perspective.

A woman has two mouths, both equally kissable, and if you practise enough you can drive her wild. George Target licks his lips and dives in at the sweet end.

and spoils the pleasure, so insist that it should be shaved off. Others say that a shaved pubic mound looks bald and immature. Though I'm sure that a small pair of scissors can clear a neat way through the most tangled

thickets.

With her comfortable on her back you should now be equally comfortable between her knees. Then part her legs just that little bit more, and slip your hands beneath

her buttocks. Lift them ever so slightly ...

Kiss the outer lips of her vagina and then, as they slowly open like the petals of a flower, kiss the tip of her clitoris.

And away you go! Do whatever you feel like doing, use your sensual imagination: kissing, licking, sucking, whatever turns her on. You'll soon know what's working.

Now, of course, women vary, and experience different sensations in different genital areas. To concentrate on the clitoris will satisfy one and frustrate another.

Gentle stimulation around the anus will make this woman moan with pleasure and that woman clench her buttocks to prevent you going on. Some want your tongue flickering like a butterfly, some need it to search deeper and deeper ...

So communicate! Tell each other how it's going, what you'd like, where you want it, when, how often.

Get it right, and she'll have her first orgasm. Both of you have a little rest ... then give her another ... until she's pleading for more of your tongue.

Variety is the spice of life and oral sex can provide an alternative to the usual routine. Soon you'll be tailor-made to meet her needs and only you will know exactly what she wants!

Continued overleaf

... and now it's her turn!

Well, we're talking what's called a "blow job" here, yes? It's one of the most passionately intimate experiences you can give him. It can be fun before you accept his penis into your vagina or as an only slightly less exciting substitute for sexual intercourse. You know, as a refreshing change from his usual strenuous plunging and thrusting. Or suppose you've already had it off twice or so that evening, and he's still randy but unable to get it up all the way?

There are still some people who regard such activity as dirty, but after a quick wash he can still be squeaky clean all over, and there need be neither dirt nor the least little unpleasant smell. Nothing more than firm, warm flesh to enjoy.

You've obviously got to be familiar and friendly with your lover's penis, confident, glad to feel it rearing and throbbing in your hands, know its strength and pride.

You must also respect its vulnerability, just how hard it can be squeezed without causing pain. Especially remember that though his balls are happily responsive, they can also be sensitive and must never be handled too roughly.

Pubic hair can be a bit off-putting for some of us, so why not shave the shaft for him?

Shave it all off everywhere if you fancy the idea, but to have the shaft smooth seems to

Everybody knows the old jokes about pineapple rings and whipped cream, but whether you've experienced that or not, Francis Moriarty gives some healthy advice.

make it more responsive. With the very shaving itself enough to have him moaning with pleasure!

You can start with your lover standing up and you kneeling, which is convenient, as you can easily reach everywhere. Or the man can sit back in a chair, or spread his legs wide over the end of the bed.

A word of caution: because it's called cock-sucking, please don't imagine that a good strong suck is all that's needed.

Don't just grip the top between your teeth, and

start sucking as though you're a vacuum cleaner. Teeth can hurt, even draw blood, and sudden sucking can be excruciating.

Be gentle until you are both quite sure of your technique. Licking is best for starters.

Hold his erection at the base as though about to play it like a recorder, thumbs underneath, fingers on top. Indeed the Chinese, who have such a marvellously inventive erotic vocabulary, call it playing the jade flute.

Move the shaft around

and get the position right, let him know that he's in good hands. Then delicately lick the tip, slide your tongue along the soft ridge of the glans, all the way in a circle. Then slide the other way, slowly.

Take the glans between your lips, moving it in and out a little way ever so deliberately. Keep everything moist with saliva.

Give him a rest by licking the length of the shaft from the base to the glans, one side then the other. Then lick from just between his balls back up to the underside of the glans.

Where the underside of the glans joins the shaft there's a tiny fold of delicate skin called the frenulum which is just about the most sensitive bud of his body.

Strum the very tip of your tongue across it, quick as a flash, light as a butterfly, and you'll drive him wild!

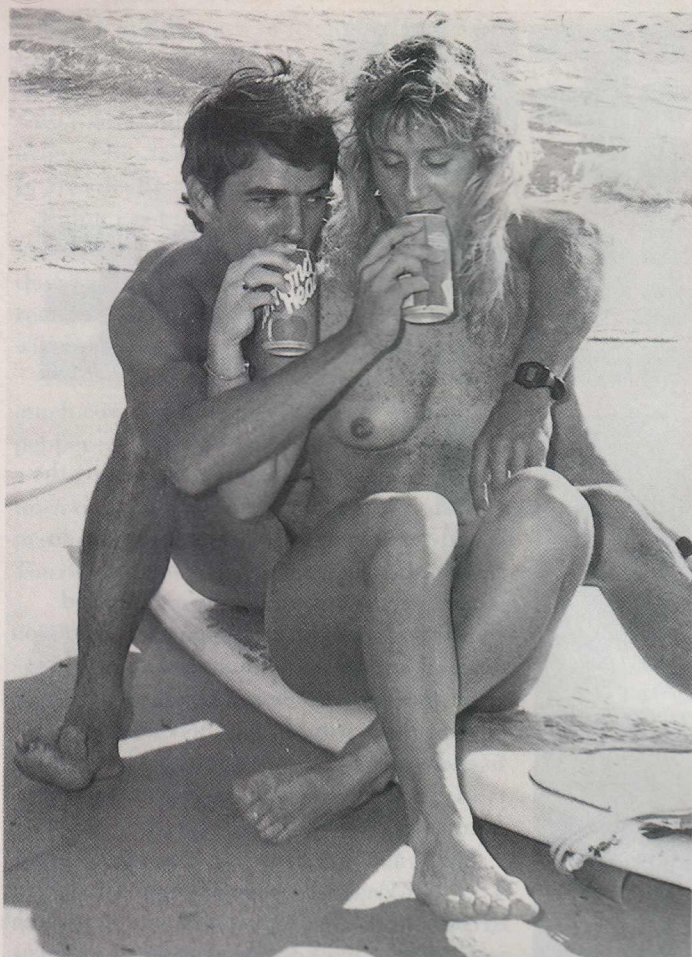
Slide your mouth slowly down the shaft as far as you want to go. Some men can accept more than others, so stay loose, relax, be comfortable. Don't feel threatened.

Then slide your lips firmly back up to the glans, then down the shaft, slowly, but gradually faster and faster as you gain confidence.

Most men know when they're at the moment of no return, so your lover can warn you he's coming. If you don't want to swallow his sperm you can slip the penis out of your mouth and use a handkerchief or tissue to



Stop being self-indulgent and look to your partner's pleasure.



Good sex is about give and take.

mop him up.

Or you can allow the semen to spurt over your breasts or belly – which can be quite an experience in itself watching the spasms of pumping, feeling the surprising warmth of the milky fluid on your own flesh.

Or he can ejaculate into your mouth. This is an idea that literally sickens some women. Healthy semen is clean, and has the feel of a whisked raw egg. It has a distinctive smell (almonds and oceans), desperately sexy, light in taste, and certainly not in the least unpleasant. You'll hardly notice anyway, not in the excitement.

It's only a truly human fluid and can't possibly do you any harm. The next time he ejaculates, test it with the tip of your finger to the tip of your tongue. You either dislike it or you don't mind, so don't force

yourself.

As with most of our attitudes towards sexual experiences, it's easy enough to do these happy-making things with your body once your heart is happy.

Anyway, if and when you do accept him and his sperm like this you'll be surprised how simple it is, so loving. You'll share each other in a totally different way. Penis and vagina, yes. But there are as many ways of loving as there are couples doing it.

Yet remember that the main purpose of using your lips and tongue is to get him good and ready for the next move.

Which is for him to do for you what you have just done for him.



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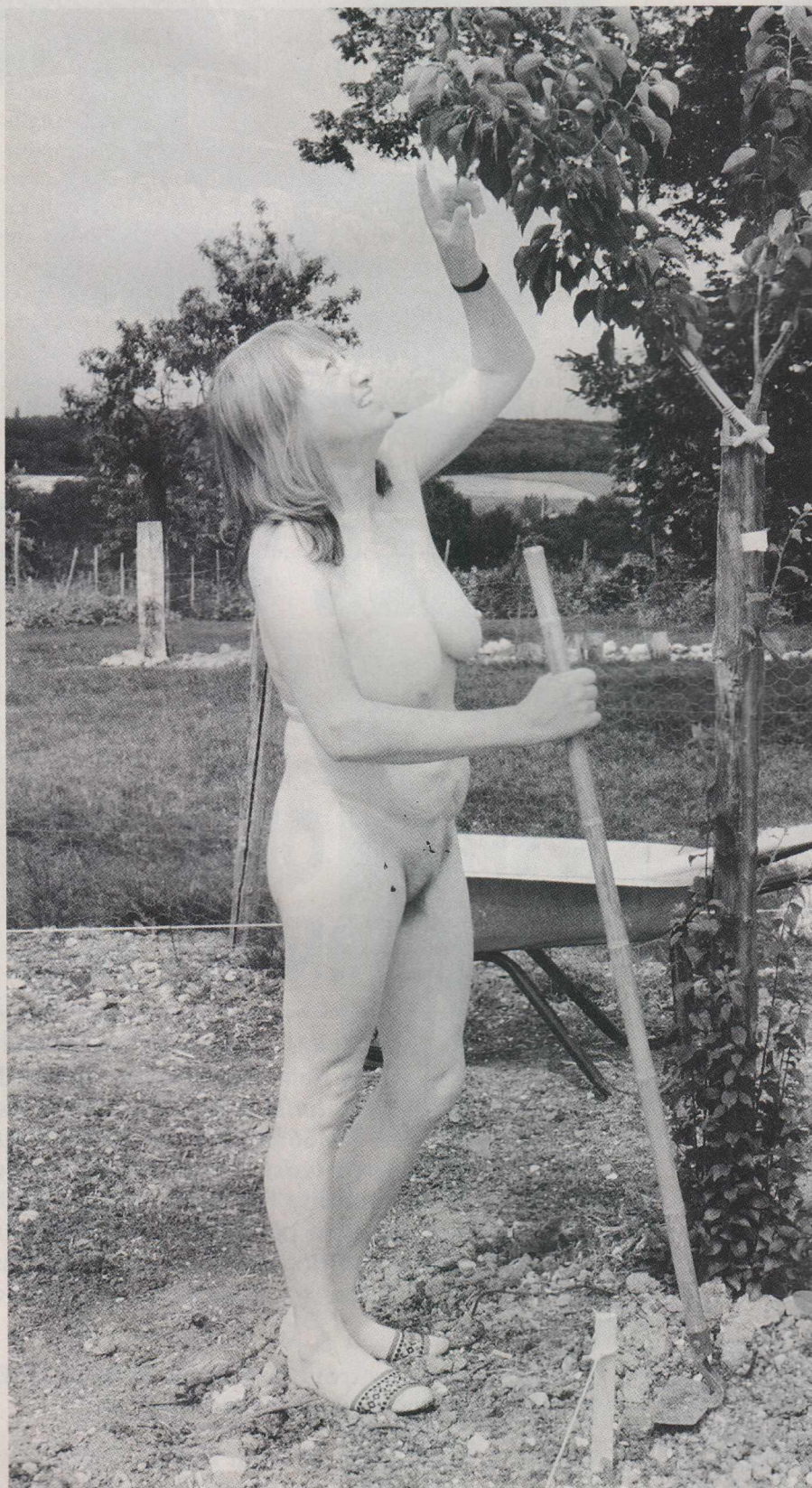
SPRING QUARTERLY and MONTHLY 96/5

Here's the news. *H&E* is giving away two pocket sized guides to Britain and Europe. The *H&E Insider Guide to Naturist Britain* is out with the Spring Quarterly No.66 on 2nd March. The *H&E Insider Guide to Naturist Europe* will be on the cover of *H&E* monthly No. 96/5, out on 20th April. These valuable booklets include masses of info on what to do, where to go, as well as money off coupons for you. Don't miss these free gifts!

If you have any trouble getting hold of *H&E*, send £2.00 (£2.10 for the Quarterly) to:

**H&E, 1st Floor, 64 Great Eastern Street,
London EC2A 3QR.**

A PEACEFUL GREEN ESCAPE



Pat hopes her work will be fruitful.

There's a new initiative among the tourist boards of France. It's called "green camping", and it means, in certain districts, that any farmer or landowner who can provide a toilet and shower can take up to 20 people camping on his land without planning permission. It's great, because it means a new freedom for all those who want to see their naturist friends over the summer months but are not really interested in starting a commercial naturist business.

Ralph and Pat Silvester are such a couple. They left England two years ago with the dream of building a peaceful naturist retreat in France, a back-to-nature sort of place so they could be miles from anywhere and surrounded by woods, free to study the wildlife and rare plants as naked as nature intended. They "enjoy nature as much as naturism."

They chose Chez Martin, a 13th century farmhouse that once belonged to a monastery. It's in the Charentes area of France, just over halfway down on the west side, 25 minutes to the south of Angoulême. You take the main D 674 south, then turn off after Montmoreau on the D21. "We wanted lots of naturists to come," explained Ralph, "so as well as a back-to-nature atmosphere we wanted to be somewhere convenient for people to stop."

Especially if you use Brittany Ferries to the north-west of France, they are less expensive and cut down on that tedious driving time to get past Paris. Chez Martin is ideally situated on the route for Bordeaux, the Pyrenees, Toulouse and the Languedoc-Roussillon area.

It takes seven or eight hours on ordinary roads, through picturesque château towns and quaint villages, to reach Chez Martin just in time for tea, if you have taken an overnight ferry. As you sit in the courtyard at Chez Martin, watching the last yellow rays of sunlight stretch between the old buildings, and hear the first owls swoop past with their soft cries, you feel yourself relax as the most peaceful holiday of your life begins.

Ralph and Pat are so friendly that using Chez Martin as just a stopover is exceedingly difficult! You want to linger, communing with nature during the day and chatting around the supper table in the evenings, all in artistically designed surroundings.

Ralph used to teach art and sculpture in England before he and Pat decided to leave the ratrace to start their dream home, so the restoration of Chez Martin has all been done with an austere but classical eye.

The surrounding area is green and rolling, much covered in chestnut woods and peppered with small and historic towns. Just a few minutes drive from Chez Martin is the town of Aubeterre, designated "one of the prettiest small towns of France" by the Tourist Board.



Market square at Aubeterre.

After touring the unique underground church, and the elegant one on top of the hill, you can sit, as everyone else does, outside the local cafe in the square, and decide whether to take some crêpes for lunch, or a "Menu Rapide" - four courses for 50 francs!

English people can feel quite at home in Aubeterre, as many other English and Americans have settled here and like to chat to fellow English speakers.

Just an hour's drive away is Bergerac and beyond it, the famous Dordogne valley. Of course this is worth a look, but for me it's so

Looking for somewhere new in France? Well away from it all and back-to-nature but with stimulating company? Then why not try Chez Martin, an English retreat in the heart of the green Charentes area? Susan Mayfield visited last year and will now be stopping over every time she goes to France to visit the hosts who have become her fast friends.

overpriced and overpopulated, not to mention crowded with cars and traffic jams in the high season, that it's best left to those who have more money than sense!!! After the hothouse atmosphere there, it's a relief to get back to the tranquillity of Chez Martin.

The farmhouse faces south onto the courtyard, which is sheltered by barns to the east and west - a veritable sun-trap! The western barn houses the toilets and hot-water showers and wash-basins - believe me, these are luxury indeed for campers - and



Everyone helps out at the Retreat.



Susan finds a furry friend, Trange.

the yet-to-be-restored hall which will make a club-room.

The eastern barn, shaded by a magnificent chestnut tree, is being converted into a self-contained chalet for visitors, while directly to the south, beyond the sweet-smelling lime tree, is the campers' lawn, with its attendant cold taps, wash-basins and tubs for laundry and dish-washing.

Continue further south, past Pat's flourishing vegetable garden, and a grassy track takes you slightly downhill through 18 acres, into the first of two woods, completely



Time to get physical.

Using Chez Martin as just a stopover is exceedingly difficult! You want to linger, communing with nature during the day and chatting around the supper table in the evenings.

untouched by man for hundreds of years.

Here you can walk, take photos, sit and draw or paint (Ralph can give you instruction if you wish) or sit still and observe the wildlife; all the birds, animals and rare plants - orchids, sweet peas and wild roses - that a biologist could desire.

Pat and Ralph have heard nightingales sing and seen wild deer. You can camp "au sauvage" as the French say, but there's no electricity - just perfect peace, and the owls hooting at night as they hunt their prey. As you walk up to the farmhouse the next day, you'll see buzzards, hovering in the bright sunshine, over the fields.

In the evening, the conversation is stimulating, as Pat and Ralph are warm-hearted, liberal people who want others to share their naturist paradise. All are welcome, couples and singles, INF members or independent naturists.

Fees are reasonable - camping is only 55 francs a night, however many there are of you, whether in tent or caravan. A personal electricity hook-up is 10 francs per night extra, but there's no extra charge for the showers and hot water of course. Ralph and Pat also have a four-berth caravan to let, at the rate of 120 francs per night or 800 francs for a whole week, so if you've got no



From one old fossil to another.



Petting the pets.



Pat shows off her green fingers.

accommodation of your own you are still welcome to stop over.

There's no shop at Chez Martin, but if you are stuck for supplies, Pat can let you have UHT milk, or bread or some of her home-grown vegetables from the deep-freeze.

I stayed there three days and thoroughly enjoyed every minute. We laughed a lot together and enjoyed the timelessness and tranquillity in this peaceful haven - "green" in more senses than one!

For further details, write or ring; Ralph Silvester, Chez Martin, 16190 Bors de Montmoreau, France, telephone (from England) 010 33 (45) 60 38 37



Aubeterre, 'one of the prettiest small towns of France'.



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Marianne



Catch on to how others feel.

WORRYING DEVELOPMENTS

Dear Marianne, I noticed recently an article in a newspaper which said that many of the stores that process photographs (including chemists) were reporting people who sent in nude photographs to the police. The people were then being raided at home to see if they were involved in some kind of illegal activity. Is this true?

The straight answer is that I really don't know. I used to advise all my readers to use any of the national photographic services, and I certainly used to take rolls and rolls of film into the local photo-shop when I

was a model and they never turned a hair.

The moral climate has changed a little these days and there seem to be two areas of concern. The first is that photographs containing children are taken as being immediately suspect and the second is that people who are considered to be ugly are also suspect!

I find both of these developments extremely worrying, and I shall try to obtain some information about the guide lines used by various organisations - watch this space.

GOOD VIBRATIONS

Is it safe to use a vibrator

with a G-Spot attachment? And is it safe to use a vibrator anally?

How the heck should I know? I would assume that it depends on the quality and size of the vibrator and the degree of skill on the part of the operator.

One thing I do know is that catalogues for the "discerning buyer" have special vibrators with fins on the sides to stop them getting lost up people's bottoms.

As for G-Spot attachments I assume they serve a useful purpose but the G-Spot is so difficult to find that I fear that only women of perfectly average construction gain any benefit from them.

For a personal reply to your problems, write to Marianne La Mauve, H&E, 1st Floor, 64 Great Eastern Road, London EC2A 3QR.

FIRST TIME FOOL

I know you get this kind of letter all the time, and I know you probably get fed up with us first-timers, but I am going on my first naturist holiday in a couple of months and I do really wonder what the etiquette is? I don't want to make a fool of myself or get thrown out through making some terrible social gaffe.

Yes I do and yes I do, but like most "old hands" I can think back to my first visit to a club and the clammy little finger of fear and embarrassment runs down my spine once again, just as it runs down yours every time you think about your holiday.

Believe me, you are standing on the threshold of one of the most exciting experiences in your life. When you come out of your room for the first time, nude and nervous, you will be so self-aware that every sight and sound and taste will be so new and fresh to you that you will never forget it.

You will spend your first couple of hours in a daze of hypersensitivity and then the nudist euphoria will wrap you up in a comfortable blanket of relaxation and honesty and you will wonder what you ever worried about.

I know that is not the kind of answer you were hoping for but the rest can be condensed into two principles: (1) always carry a towel to sit on and (2) always say please and thank you!

?!#!? 'L'

Following my recent use of the "L" word (lesbian), I've had a nice batch of letters from people castigating me for encouraging perversion.

Let's take a fairly typical example: "... if these women were not encouraged in their behaviour they would

soon give it up and become normal again. It is perfectly obvious that they want to be like other women because they so often want to have children.

It is unfortunate that they cannot be gently guided back into more acceptable behaviour and it is completely reprehensible that people like you should give a public airing to this kind of perversion."

Is it indeed? I have never presumed to take a stand on what is normal or not. This is not due to any great sense of humility (probably a quality which I am completely lacking) but simply because all the evidence I have seen confronts me with the fact that nature is endlessly inventive and seems to aspire to every possible sexual/social/societal permutation.

I suggest my offended readers tackle some basic zoological texts where they will find homosexual limpets, lesbian chimpanzees, paedophile horses and many other exotica. I'm not saying it's normal, I'm not saying it's not, I'm just saying that it's there!

HAT PRAT

Somebody once told me that, in Britain, if you are wearing a hat you can't be classed as nude. Is this true?

I really doubt it. I suspect your idea is to wander up your local high street in a hat and then tell the magistrate that you weren't nude and so shouldn't be charged with indecent behaviour. Forget it! You can still be charged with breach of the peace and obscene or threatening behaviour. This old wives' tale should be put back where it belongs, with the other fairy stories.

SHADY OPERATOR

Since I wrote last month's column I have had a fax from somebody claiming to act as an agent for several nudist sites in France and the United States of America.

This person wants a cheque to be sent to him/her along with registration details and then people will be put in touch with potential employers for work on holiday sites.

I am not saying this is not a genuine organisation, but they certainly aren't registered with the Department of Employment and they have never answered the messages I left on their answering machine.

I am not going to give any details about the firm for legal reasons but it is worrying that they should be so secretive when I generally find that nudist folk fall over themselves to be open and forthcoming about what they do. Perhaps we should all treat them with great caution.



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Rippling Russell O'Connor flexes his muscles and remembers a time when he was less than perfectly formed.

Over the past 20 years, it has not been enough for people just to look attractive, they must also appear physically fit as well. Leisure centres and gymnasiums have sprung up everywhere to help people obtain the 'perfect' body shape and those not conforming are deemed to be inferior or slobbish.

Health and Deficiency

I believe in people maintaining a certain level of fitness for their profession. I'm a writer. Providing I'm fit enough to sit down, hold a pen or type, that's fine. I don't need to be able to run 100 metres in 10.7 seconds. No one does, because a bus never pulls away that fast.

My body loves food, and alcohol to excess. People sometimes accuse of me abusing my body. I'm not abusing it, I'm giving it what it wants. If it sees a big curry, I'm not going to say, 'No, you can't have that.' It would be an abuse to refuse.

As a boy in my 20s, I have given up hope of achieving anything like a good physique. Okay, so I'm six feet tall, 12 stone and, as yet, don't have to worry but that doesn't mean I'm perfect. I know God made me out of some spare parts he had lying around.

He gave me muscular legs, a fat torso and puny arms. In my daily life, clothes are a godsend. On a naturist beach, my body shape doesn't matter as everybody's equal.

I have an affinity with the unfit because I was aware of my own physical imperfections from an early age. I was never going to be a great athlete or an Arnold Schwarzenegger - thankfully.

I started life as a delicate, scrawny child with a reluctance to participate in any school sporting activity, not through laziness, just an assured knowledge that my frailty would get me injured.

At the school gym my friends would vault effortlessly over the highhorse. I would

think 'bugger that' and mountaineer somewhat ungainly up the side of it, scramble over the top and climb down the other side.

I would constantly fall off the narrow beam, I would never climb to the top of the free-standing ropes because I'd burn my hands on my descent, and I'd never hang upside down from the wallbars because I knew I'd fall and break my neck. I was infuriatingly sensible.

Football was slightly different. I loved the game and desperately wanted to play, but my reputation for being such an unwilling and pathetic athlete in other sports went against me. Team captains would have violent arguments as to whose side I'd be on.

'He's not coming on ours,' they'd say. 'You have him.'

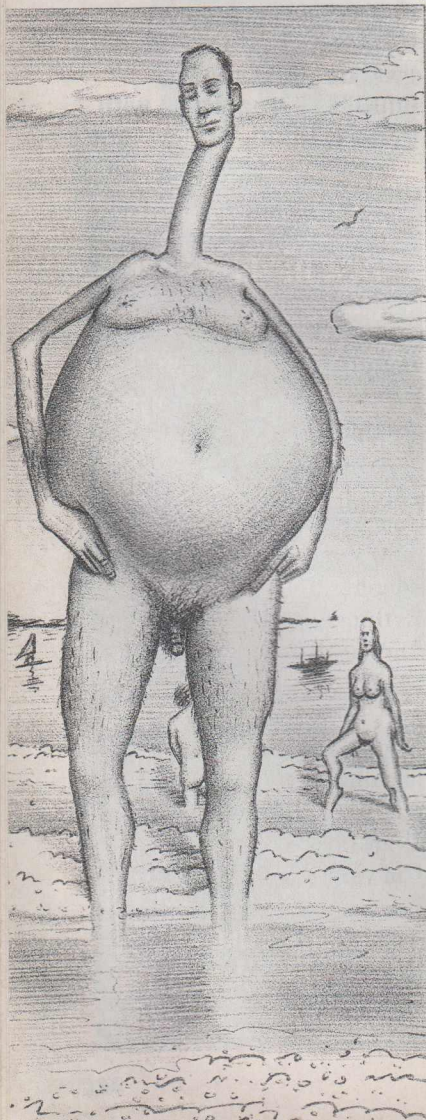
'We don't want him, besides you've got to have him because he's the last one up against the wall and it's your pick.'

'Hang on, a discarded sweet wrapper's just flown onto the pitch, we'll have that.'

'Okay, but if we have Russell, we have a 13-0 headstart.'

'Deal.'

It wasn't that I was a bad player, it was just that no one ever passed me the ball to find out if I was any good and I certainly wasn't going to tackle a stampeding pack of 20 boys all ludicrously chasing the same ball in an attempt to win it for myself. Being knocked flat into the mud and trampled on, strangely didn't appeal to



me.

At 11, my reluctance to participate worried my games teacher so much that I was sent to a consultant to find out if there was anything physically wrong with me.

It was during this physical examination that the consultant announced my right leg was longer than my left leg. Why I don't walk around in circles, I don't know.

Apparently, most people have one leg slightly longer than the other, but mine's about an inch, which gives me a bit of a kink when I walk. It has advantages and disadvantages.

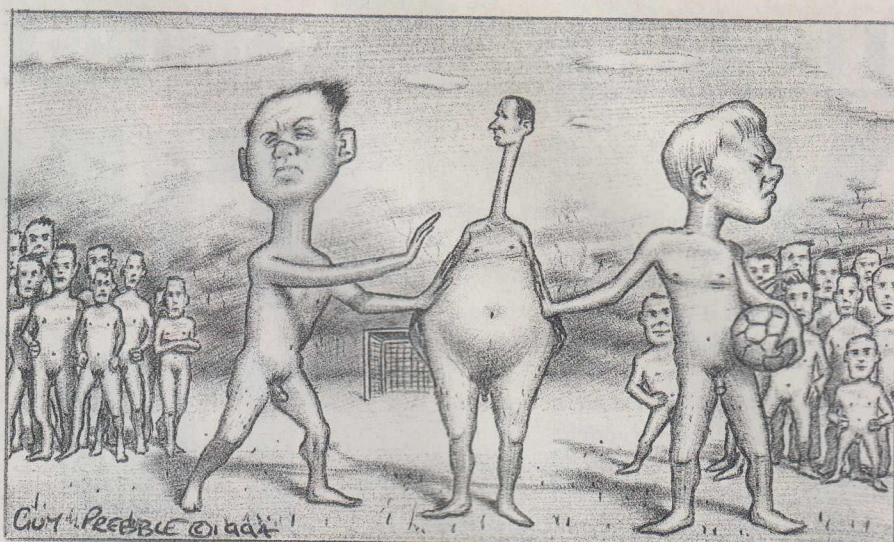
At school some girls thought my walk was sexy, whilst others thought I was permanently drunk. Even now, people say, 'I saw you staggering along the road yesterday, you must have had a good session,' and that's when I haven't been drinking. Apparently, I walk straighter when I'm drunk.

So, having to worry about the trauma of being physically impaired at a young age, I also developed a chronic weight problem, being only 5 feet 6 inches and 12 stone by the age of 13.

By now my lack of participation in school sport wasn't through choice, it was enforced. The games teacher didn't say it wasn't advisable for me to take part, I just guessed it when he'd ask me to stand on the touch-line and pretend I was a commentator, programme seller or hot-dog man. He was quite compassionate.

Sometimes, if they didn't have enough coats, I'd get used as a goalpost. I also played corner-flag, crossbar and team mascot, which consisted of running onto the pitch and straight off again. Anything to make me feel involved whilst keeping me off the pitch.

By now, I was an easy target for bullying. One thug would take great delight in showing me, at first hand, the techniques



**I know
God
made
me out
of
some
spare
parts
he had
lying
around.**

he had learnt the night before at judo classes.

He'd say: 'Let me show you this special throw I learnt.'

And, being polite, I'd say, 'Okay.'

He'd then grab me by the jumper, fall over backwards and, kicking me in the chest, catapult me over the playground wall, where I'd land in the middle of the road and get run over by a double-decker bus.

Rising gingerly to my feet, I'd stagger back to the playground gate and he'd say: 'I didn't quite get that right, let me show you that again.'

This happened to me every week.

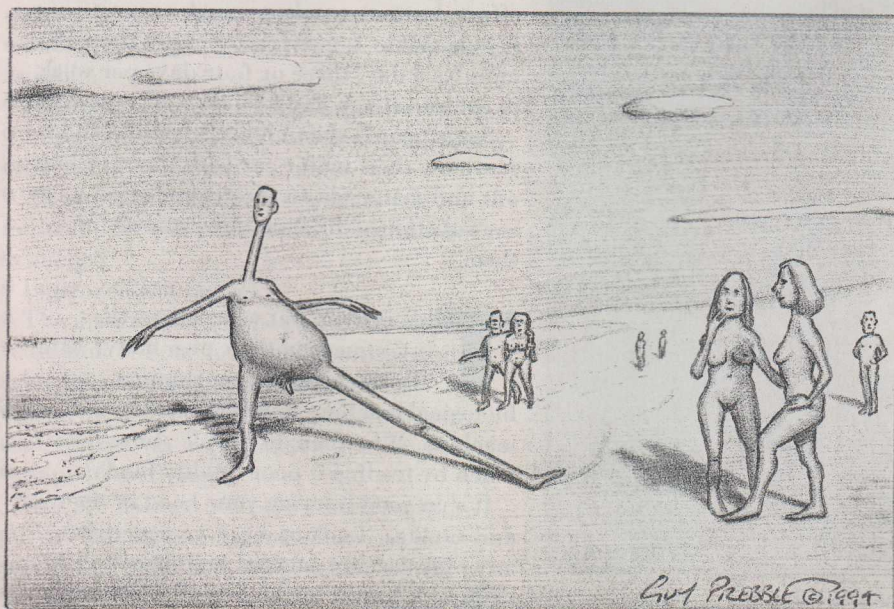
Some people ask me if I developed my sense of humour as a defence to stop myself-getting bullied at school? Not really. If someone was going to break my arm and I said, 'Knock, knock', it wouldn't stop them. They'd still break it, usually after saying: 'Oh, so you think it's funny, do you?'

Help was at hand. Maybe God was feeling slightly repentant because from the ages of 17 to 19 I grew six inches - If he had knocked two off and put them somewhere else I would have been happy.

I'm still the same weight because I still have a gut, but now people notice me for my height - I'm slightly taller on the right - as opposed to anything else (apart from the padlock around my neck but that's another story) and at least I don't get bullied when I go to nightclubs.

Indeed, most people keep well away from me - but that's nothing to do with my physique, more the fact that they think I'm pissed when I haven't been drinking.

Despite this, I'm very comfortable with all my bodily imperfections. And the next time someone tells me I'm abusing my body and that I should go to a gym to work out, they may get a dumb-bell stuck up their behind - providing I can lift it.



You can look exactly the way you want to look and your body can be the size and shape you want it to be, the only thing holding you back from achieving your goals is you!

Profound words, but nonetheless true. It is possible to achieve practically any goal you may choose to set yourself in terms of your overall fitness level, from merely losing a little weight and toning up sagging body parts to achieving a body good enough to compete in physique contests.

It doesn't matter if you are young or old, male or female, all you need is a body in medically sound condition and a burning desire to succeed.

The health and fitness lifestyle is the very best insurance policy you can buy. Once you embark on what should be a lifetime journey you will find many other benefits such as renewed energy for life, love and work.

The main thing to remember on your path to fitness is to disregard the huge amount of negativity that people still have towards a fit and healthy lifestyle. This is probably based somewhere in their own jealousy of others and frustration from the fact that they can't motivate themselves to improve their own health.

We are told it is wrong to judge people by the size and shape of their bodies and we should not be unduly influenced by media pressures of the "Ideal" body shape; I totally agree. But what is wrong with being able to appreciate a well-formed body?

I don't, for one minute, suggest that anyone should become obsessed with "perfection", for that is a quest with no end, but why not look at ourselves in a realistic light and make improvements towards a

TIME TO GET MOVING

"Healthy body - healthy mind" goes the saying. But how many of us put any effort into it? We take little exercise, eat the wrong foods and generally abuse our bodies instead. Brian Sterling, star of The Great Nude Workout video, offers a few reasons why we should shape-up - NOW!

stronger, leaner and fitter body.

I wish that I'd had a pound every time I have heard someone (man or woman alike) say something like "Oh, I don't want any of that ugly muscle."

Who can deny that a fit, lean, athletic-looking body looks better than one laden down with fat? It is only muscle that gives the body any shape at all.

Since some of the founding principles of naturism were based on a belief in "health and efficiency" it is clear that naturism, good health and fitness go hand in hand. I believe that naturists should lead the way forward with true ideals of health, strength and fitness, and in doing so set a shining example to the textile world.

There is often a misguided belief that it takes a great deal of time, effort and hard work to get into good shape and keep it. This is simply untrue.

Yes, it does take some time and a little effort, but not nearly as much as most people think. It can take no more than 15 minutes a day, three or four days per week to get into shape and keep it.

Some people spend hours cleaning and servicing their motor car with the very best oils and materials on the grounds that a car is a substantial financial investment for them.

This is true, but what about the investment in their own body? After all, the body is a machine, a biological machine, but nonetheless a machine. Why then do people abuse it so much by feeding it poor quality foods?

It's no good burying your head in the sand and saying, "Look at me, I've never done any exercise and smoked and drank all my life and it hasn't harmed me." They don't



Get along to your nearest exercise class.



Soon you'll be looking in the mirror at a whole new you.

realise it is not the booze, smoking or abstinence from exercise that has kept them healthy, they are simply lucky enough to have had a body that is resilient enough to have been able to withstand the abuse inflicted upon it.

When you take an unbiased look at some of the positive benefits of regular exercise, I believe that you would have to be truly crazy not to at least think about taking some exercise. These benefits include:-

- Reduced risk of heart disease.
- Improved fitness level. Don't forget being fit improves everything from simply not being out of breath after climbing a flight of stairs to improved staying power when making love – yes, sexual fitness is improved as well.
- Improvement in the function of joints.
- Improved circulation – no more constantly cold feet in winter.
- An increase in lean muscle mass will naturally increase the rate at which body fat is burned.
- Improved self image.
- The maintenance of bone density and the reduction of bone loss, which is especially relevant to post-menopausal women.
- Improved self confidence and knowing that you are up to facing new challenges!
- Improved strength.

In Part Two we will take a look at the mental side of exercise, since we can only succeed at something when we truly believe we can.

There's always time for a quick session.



**NATURISTS CAN LEAD
THE WAY FORWARD
IN FITNESS**

THE BOYS ARE BACK IN TOWN

H&E was thrilled to be able to return to Croatia for the first time in years. Irene Jones Hoppe was the lucky lady who took the group.

(and the girls not far behind them)

In spite of the turmoil still affecting the central part of former Yugoslavia known as Bosnia, the beautiful coastal region of Croatia is struggling to return to its former status as an international holiday resort.

H&E took up the holiday challenge and for the first time in a number of years held

a readers' holiday at Monsena, the beautiful naturist resort near Rovinj on the Adriatic province of Istria.

My first thought as our coach carried us along the startlingly beautiful coast was one of gratitude that such an exquisite town as dreamy Rovinj, with its Byzantine basilica sitting majestically above the roofs, had remained untouched by the horrors of war. This is really one of the most beautiful places that I have ever visited.

Monsena lies amid forests and vineyards overlooking Rovinj and the archipelago of islands that is the National Park of Brijuni. The facilities include self-catering chalets, comfortable apartments with either full or half-board, and an extensive camping site for trailers and tents.

In spite of all the tourist information swearing that the legal tender was dinars, we arrived to find that the Croats had changed their money to kunas and purchases were far more expensive than I had thought they would be. So take sterling with you or travellers cheques to exchange. At the time of writing no credit cards were honoured in Croatia, which hurt my American-style philosophy of 'If you want it - charge it, then worry about the cost when you get home.'

Monsena is large and the reception and bureau de change are a fair walk from the attractive communal dining hall with its upstairs complex of terrace bar and disco, which itself is a good pace uphill from the apartments.

A word of warning. Fit people will have the time of their lives with all the walking.



Find a mate.

What makes H&E 'boys' so bold in front of the camera and 'girls' so bashful?



Meet the gang

Those seeking to exercise little-used city muscles have their wish granted. Dedicated couch-potatoes and the disabled will find it rather rough going.

After walking up the hill to breakfast, down to reception for postcards and stamps, over to the shop for supplies and finally down to the sea for a swim, I was knackered and gratefully collapsed in the shade to enjoy an ice-cold beer. It is hot by midday and it is wise to stay out of the sun and take it easy to avoid sun stroke.

**H&E
READERS'
HOLIDAY
Croatia
here we
come!**

The shore is rocky - there is no sandy beach. The sea bed is composed of algae-covered boulders which are slippery, but the water is invitingly clean and crystal clear. Take your plastic sandals; there are hordes of sea urchins under the rocks munching on algae and there are a few pin-cushioned feet from unprotected wading.

On our second day arrived what every female holiday leader dreams of - a sexy Frenchman with a Renault 19! Two of 'my boys' and I soon made friends with Alain (and his car) for trips into Rovinj for shopping and to explore the narrow street and a climb up to the beautiful basilica.



Hanging out with the boys.

Another day we drove to Pula to explore the second century Roman amphitheatre. I intend returning to retrieve my stomach, which I think I left on the road from Porec when we screamed and skidded on two wheels past that inoffensive donkey cart!

I arranged with a German boat owner for a trip up the glorious Lim Fjord with free booze and a seafood picnic for my group (£15 each). Although we were told it was a naturist trip, they picked up some tourists from Rovinj, so we all had to cover up our naughty bits. There were a few complaints, but the international company was good, the local wine and a lethal spirit called grappa flowed freely, and the plentiful grilled mussels and sardines served on a

rocky bank overlooking the cool, green waters of the fjord were delicious.

The naturists had a refreshing dip out of sight of those who chose to swim in cossies. By the time we had sung our way home toasting each other with brimming glasses to the accompaniment of lively accordion music I don't think that anyone cared who was nude or dressed!

Another high point was a day trip to 'see Venice and die' on a sea-going, jet-driven catamaran. This was arranged by our Croatian representative, Paulo. The Croats by large are an attractive race and Paulo was no exception.

The Venice trip was £32 with the options of lunch for £10 and a ride on the Grand Canal in a water taxi for £16. A one-off experience at that price. I adored 'Venezia', with St Mark's Square, the awesome Cathedral, the Bridge of Sighs and the Rialto Bridge. We had the opportunity to watch a glass blower at work and to buy fabulous crystal from the factory showroom.

Other organised trips were a great success. One a day tour of Istrian places of interest, was the other, a magical evening trip to an Istrian farm to eat dinner and watch local dancers. Again, the wine and grappa flowed freely and soon everyone was dancing the 'Birdie Dance' to a jaunty fiddle and accordion and making complete fools of ourselves.

One night we dressed up and arranged to go to a great seafood restaurant in Rovinj. Halfway through dinner there was a spectacular thunderstorm with sizzling lightning and accompanying torrents of rain that cleared the streets. The restaurant owner offered, for a healthy price, to take us home in relays and the last



Watch-out for those sea urchins!

JOIN THE BAND

H&E runs organised groups every year to naturist resorts around the world. They are ideal for both couples and singles to get together with other naturists to enjoy a hassle-free holiday. Single women, in particular, often say they welcome the security and friendliness of being in a group, without forgoing the independence to do their own thing when the idea takes them. Our leaders, usually well known naturists themselves, put no pressure on anyone to join in group activities, or appear in H&E photographs, but endeavour to make socialising of your choice run smoothly. For further information on this year's holidays, send your name and address to H&E Readers' Holidays, H&E, 1st Floor, 64 Great Eastern Street, London EC2A 3QR.

to leave were me and one of my 'boys'. We were dropped off at the front gate, walked through, then stripped and with our clothes bundled under our arms, ran back nude and giggling through the warm rain to our apartments.

My group soon discovered a primitive taverna which sold rough 'nouveau plonk' at fantastically low prices, so most evenings we would all congregate there with other nationalities to laugh, trade humorous insults, drink and sing by candlelight under a star-strewn sky.

As I said, the Croats are an attractive and hospitable people in spite of the fighting that has split their country and damaged so many lives. I was out late one night when I encountered my waiter who spoilt me rotten at meal times. Over a beer he told me that he had once owned a busy tavern in Dubrovnik where his wife and daughters still live. He'd been forced to come north to get work for the summer. After that ended he didn't know what he would do.

"I'm a broken man, my lady," he said with haunted eyes.

Again, in Pula, I bought a pair of exquisite hand-made earrings from a beautifully dressed market stall holder. I normally haggle prices with great enthusiasm, but this jewellery was so reasonable that I asked her how she could afford to sell after designing all winter.

"I make a good living - for Croatia." She replied softly.

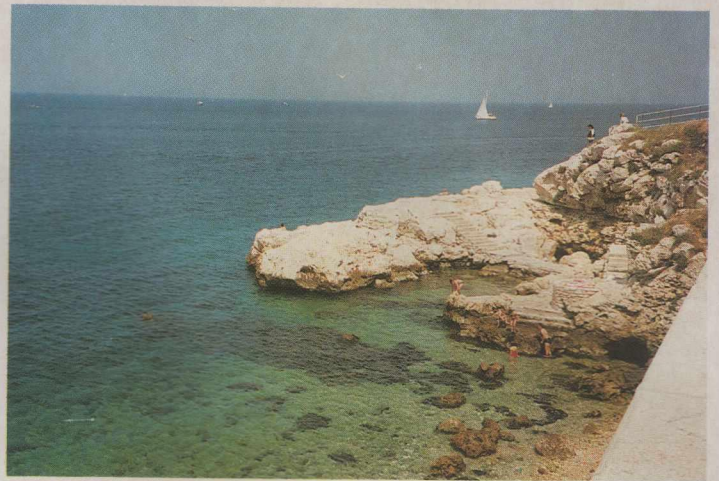
I hope that their conflicts are solved by the time this goes to print. I have resolved to go back and am looking forward to seeing more of this amazingly beautiful country. The H&E Readers' Holiday was arranged by Phoenix Holidays, 20 Shepherds Bush Road, London W6 7NL. Tel: 071 371 6600.



There's no hiding from Irene's eagle-eye.



Basking on the jetty.



So far from the troubles' ...



Respect local etiquette.



Venice here we come!



Pottering around the port.



Colours of another culture.



An architectural dream.

Look who I've
bumped into!



Wherever you go, whoever you meet, you can't escape those strange CONNECTIONS

I've always been interested in connections. Not the sort that you frantically rush to make at Waterloo but the experiences, situations and scraps of information that we accumulate throughout our lives, never considering that they may be valuable or coincidental to our current situation.

They crop up all the time, often on a subliminal level and pass by unnoticed. If, however, you learn to recognise them, and appreciate their value you may be rewarded with a clearer and more powerful perspective on your life's achievements so far.

I'm not pushing this as an exact science or a revolutionary new psychological breakthrough, just a loose-knit pattern of thoughts that over the years have assembled themselves into a slightly more than random order and have occasionally been useful to me.

Take these photographs for instance. They were taken at a local beauty spot which I lived quite close to, a few years ago. I remember walking round it once, on a cold February afternoon and seeing an old man taking photographs of a young girl who appeared to be modelling a fur coat.



Some people have psychic connections.

Ever had a chance meeting that's led to something more? Sometimes the unlikeliest set of circumstances will weave themselves into a pattern that'll somehow alter your life, says Sean Conroy.

college I was studying at.

That must have been 10 years ago but I was reminded of the incident the other day when I was looking around for a location to shoot the pictures you see here. I don't know where the idea came from, perhaps it was simply nostalgia or maybe it was because it was a cold day but the answer was immediate.

We all jumped in the car and headed down there - and it was an extremely successful day's work. I never thought, when I first saw the old man and his model that I'd be in their position one day.

People, obviously, often provide the

They didn't look like professionals so I figured they were from a local camera club and were using the deserted heath to get some practice.

I watched for a while as she went through the usual poses and just as I was about to continue on my way, she dropped the coat from her shoulders and mischievously turned to face his camera naked. He quickly shot the final frames and they hurried off back to the warmth of their car. I meandered back down the road to the



unlikelyst of links in what is often a very long chain. On holiday a couple of years ago in a remote part of northern Scotland I dived into a pub to escape the rain and soon discovered that the guy sitting next to me not only used to drink in my local, back in London, but we knew a lot of the same people.

We talked all night and, as I hadn't lined up anywhere to stay that night he offered to put me up. They do that quite a lot up there, and very grateful I was too. Around midnight, we're sitting in his front room with his wife watching TV.

It was a concert at Wembley Arena featuring a band I'd long wanted to see, and due to being about 700 miles too far north this time, it looked like the small screen was the closest I was going to get.

Not so. The band, to my amazement, all lived within a few miles of the house we were in and one of them was a close relative of my new mate's wife. Quite matter-of-factly, they informed me that they would be back in Scotland and playing at the Wick carnival - probably the biggest event in the local calendar- tomorrow night and why didn't I

New interests bring surprises.



Drink to
'magic meetings'.



'... we even
love the same
wine.'

LAND-ROVER



Be open to fortune.


come along with them?

I did and they were great and afterwards we all went out on the town together. It may sound a little far-fetched but I can assure you it's all true.

Friends of mine have come up with better travel tales though. One guy was waiting for a night train on a deserted platform in Germany and when he hopped into the almost empty carriage he found himself next to someone who was in his class at school.

He'd joined the army and had been all over the world and, he said, this wasn't the first time he'd met up with old friends in these circumstances. It seems even the remotest corner of the world isn't safe; we're all linked in some way, somehow. It's almost frightening at times.

I could list endless examples of incidents that have occurred in my life - and often changed it quite dramatically - through chance meetings with people who've gone on to become instrumental in shaping it but I'd probably be stretching the bounds of your incredulity too far.

Watch out for it in your own life, learn to read the signs and be open to chance. It's often the long shots that produce the best goals. Meanwhile, I'll be off to Cap d'Agde in a couple of months. There'll be about 30,000 people there and I'll be amazed if I don't become 'related' in some strange way to some of them. It could even be you. 

You can't shy away from what is destined.



It's not all pie in the sky.





The trick is to be aware of the possibilities ...



... and never be afraid ...



... to exploit them.

NEVER ON A SUNDAY

Fuerteventura, which has the largest coastline and is one of the least commercialized of any of the Canary Islands, is the second largest of the seven islands. It lies less than 60 miles from the Sahara and is practically an extension of Lanzarote.

It covers 780 square miles with a population of 30,000 whereas Tenerife, the biggest Canary Island covers 790 square miles but has a population of 450,000.

For us Fuerteventura's greatest asset is its beaches; there are miles of pale golden sandy beaches and bays, almost all of which are naturist and none of which are crowded. In fact last month four of us spent the day in a small bay and only one person walked by and he was nude too.

The only exception to nudity on the beach is between the two hotels which are situated just south of Corralejo, and beaches

adjacent to villages and towns where on Sundays, traditional for locals tend to picnics on the beach.

The British tour operators favour the north-east of the island with its two hotels, the five-star Tres Islas, the two-star Oliva Beach and self-catering apartments in Corralejo. The German tour operators favour the southern end where there are vast flat beaches, some of which are dune-backed.

Whichever end of the island you choose you are guaranteed sun, sea, sand and more privacy than you can normally find on a holiday - except on Sundays.

Corralejo is about 40 minutes by coach from the airport which is south of Puerto del Rosario, the island's capital, main port and site of the only hypermarket in Fuerteventura. In Corralejo there are a number of smallish supermarkets, some of which are open seven days a week.

Prices in general were similar to those in the UK. Wine was much cheaper as were spirits and cigarettes. We found a very palatable dry white wine, two litres of which cost £1.80.

This is a 'duty free' island and it is cheaper to buy your allowances in supermarkets or duty-free shops than in the airport or on the flight.

Water is scarce and tap water is desalinated and expensive. We were told to use bottled water but for coffee and tea and cleaning our teeth we used boiled tap water with no ill effects.

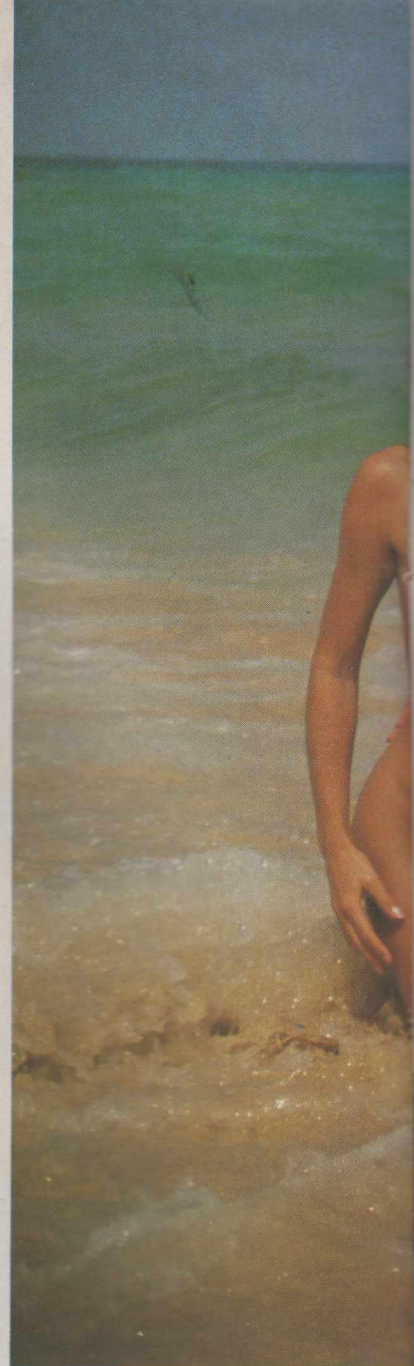
During our holiday one of our group hired a car for a week costing 15,000 pesetas and I hired one for three days for 8,000 pesetas, which was just under £50 when the exchange rate was 165 pesetas to the pound.

Driving is quite pleasant as the roads are fairly empty but do not let your tank run low, petrol stations are not as common as they are in the UK.

We drove down to Morro del Jable via Puerto del Rosario, Ensenada de Pozo Negro and Gran Tarajal. On the way back we could not resist Playa de Sotavento de Jandia, the light golden sand and blue sea



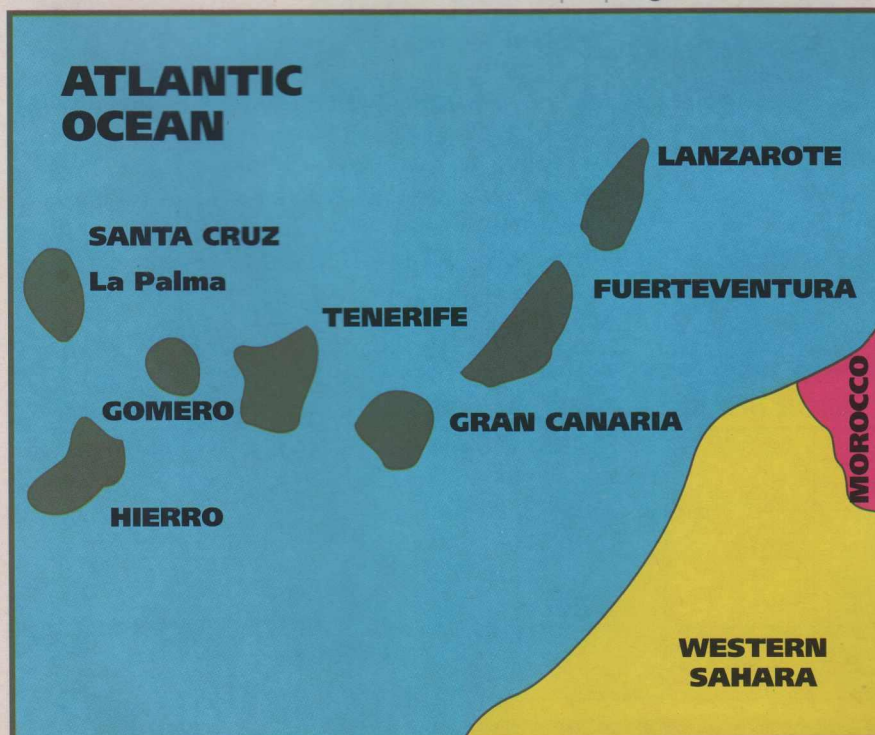
A volcanic windbreak.



You can go nude everywhere in deserted Fuerteventura - except when the locals flock to the beaches on Sundays for their traditional weekend picnic. Doug Taylor braved the strong winds and went on a tour of this favourite naturist destination.



Where the beautiful people go.



which could be seen from the road was about 200 feet below us.

We were tempted onto an unmade dirt track that was so steep in parts I felt we would never drive back up to the main road again.

When we arrived on the beach we found we had it nearly all to ourselves. We climbed a very large dune and wondered who the other couple were that we could just about see in the distance.

However, we had a long way to go and so we continued, this time through the centre of the island via Lajita, Tuineje, Antigua and La Oliva.

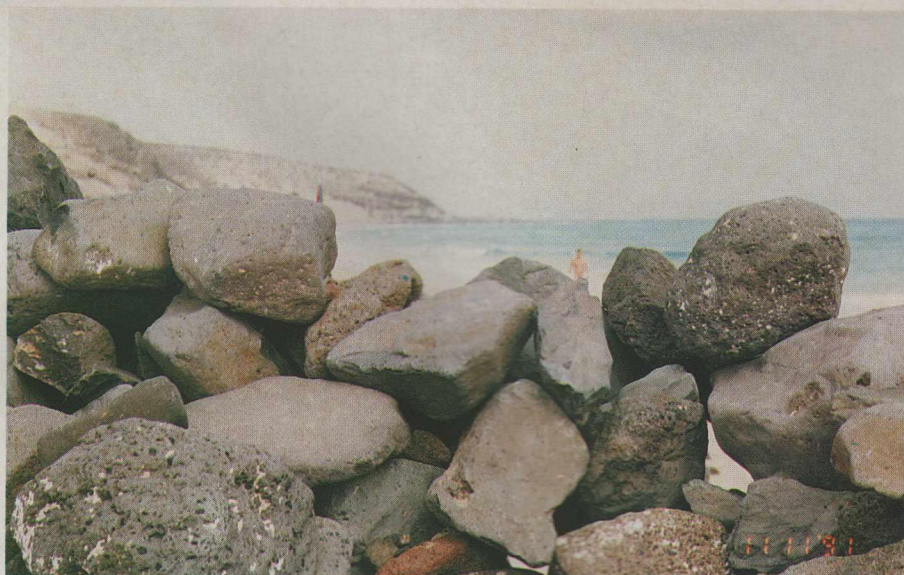
On the second day with our car we drove on the coast road to the north west, visited the lighthouse and then went on to Cotiilo where we found a beautiful sandy beach fringed with practically jet black rocks.

There are many small bays in this area and several blue lagoons of warm, shallow

water too. If you see a car parked near a bay you either join whoever is there or move on to an unoccupied one.

If you walk from Corralejo southwards along the beach you will pass the British-run windsurfing school, the two hotels, Tres Islas and Oliva Beach and three small beach tavernas before you arrive at the very attractive bay of Playa del Morro. This is about a 90 minute walk from Corralejo or 20 minutes from the two hotels. Bicycles can be hired at Corralejo if you don't like to walk.

As with all holidays when you arrive you are offered a variety of tours. We were offered a tour of Fuerteventura which included the capital Betancuria, Antigua, La Oliva and Lajares, a tour of Lanzarote which included Fire Mountain and Jameos del Agua, and a look across the sea to the



Natural protection.

island of La Graciosa.

Or you can take a boat trip to Los Lobos or a glass-bottomed boat trip and a jeep safari.

Whenever we go somewhere new we go on the tour as this way you can see more and get a feel for the place before hiring a car and doing your own thing.

Corralejo has grown considerably over the last six years and this year we stayed in a small complex of 12 red-roofed single-storey bungalows on the outskirts.

The complex was in the form of a square with the front doors facing outwards whilst the patios faced inwards with a beautiful pool in the centre.

The whole site was landscaped with tropical flowers and the owner had agreed we could be nude in our bungalows, patios and in the pool and poolside - what more could a naturist want?

Eating out is not expensive and there is a wide choice of restaurants to choose from.

Six years ago at Fuerteventura I expressed surprise - all right, I grumbled - about the strong breeze. I was told it was most unusual, a freak of nature... This I naturally accepted, not as the truth but as local tourist talk. After all, there are stone half-moon wind-shelters on many beaches, and I had seen a snowplough-type tractor pushing sand off a road and read that the island is a mecca for windsurfers (in fact, second only to Hawaii for windsurfing).

Fuerteventura is an ideal spot for naturists but you do need a windshield, and at night-time a woolly top is useful as it feels chilly after the heat of the day. We are going for a month next year - so what more can I say!!



Discover the world with our naturist travel videos, phone 0891 112533
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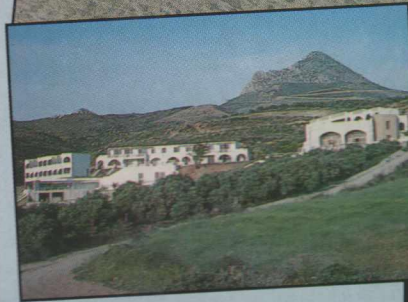


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Sandy beaches, interesting sights, azure skies, a warm, caressing sea ... That's right, it's H&E Holiday time again!

This year we've put together 2 totally different holidays. The first one is in the Skinaria Beach Club on the beautiful island of Crete. This is an all naturist club. Not only is Crete the birthplace of the Knossos and the Minotaur and a thousand other legends, it also boasts beautiful uncrowded beaches and great hospitality. With prices ranging from only £330 for this exciting holiday, it will pay to get in early. Departure date 13th June 1995 for 7 or 14 nights.

For the second holiday of the year, we're back off to that old favourite Croatia again, Hvar is an island paradise off the Adriatic Coast, and has been a real favourite with naturists and non naturists alike in the past, as there is a beautiful, historic centre as well as the little islands just off the coast for sun worshippers. There is a variety of naturist and non naturist beaches, as well as many secluded coves, ideal for those magic moments. This is a very popular resort, and single room availability is limited, so again book as soon as you can. Prices start from £355. Departure date 6th September 1995 for 7 or 14 nights.

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KINGS of the CASTLE

Heeswijk Castle in Braart, Holland, is steeped in History. It's been attacked, laid siege to and occupied by armies during battles before adopting a more passive role today. Robbert Broekstra's photo club decided it would make a perfect setting for a nude conquest.

Five kilometres from the town of Veghel, at the village of Heeswijk/Dinther, lies a beautiful castle which dates back to the 11th century.

In 1518 it was robbed by the Gelderson under the leadership of Maarten van Rossum. The castle was surrounded, but it remained standing, although the villages of Heeswijk and Dinther were burned down.

In 1554 the castle was sold for 60,000 guilders to Count John of East Friesland.

Twice in 1601 and 1603, Prince Maurits tried to gain control over it, but failed.

In 1629 Prince Frederik Hendrik settled his military headquarters there to prepare for taking the city of S'Hertogenbosch. In 1672, French troops took over and it fell into the French military's hands.

In 1794 an English lieutenant general, Ralph Abercrombie, made his headquarters there to defeat the French troops. He failed and the French general Pichegru gained control of it. In 1835 it was sold to Andre Jean Louis, Baron van de Bogaerde ter Bruggen, and his descendants still own it today and were responsible for its current appearance.

At the moment the castle can be rented for parties and special occasions and unfortunately cannot be visited.

Our photo club paid a visit this year and enjoyed being in the surroundings of this historic place.

We even met a man with a pony and wagon and he had no problem lending us his pony to take some photos.

When we wanted to take some photos near the entrance of the castle we had to ask some people with bikes if they wanted to stand somewhere else so we could take some pictures, they had no objection and moved. Everyone was very helpful towards us.

When we travelled on to our next destination we came across a poppy field: a perfect match, people and flowers.

We ended our photo session in the sand dunes of Drunnen. A well-spent day in nature.

How to get to the castle: From Utrecht to S'Hertogenbosch, take the road to Helmond/Veghel. Follow Route 266 along the canal, and take the turning to Middelrode. When you come to a roundabout, turn right towards Heeswijk and a few kilometres later some you will see the castle on your right.

NEW! For more information about centres and beaches in Europe, phone 0891 112532

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BORIS'S AIRPORT BUST-UP

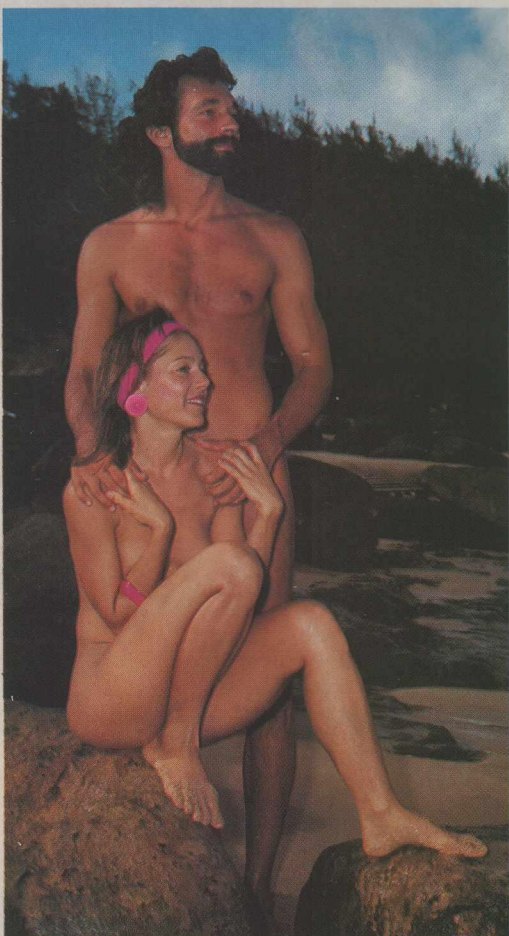
Greetings O naked ones! Emperor Hatchet here with a roamin' orgy of corpulent cuttings, choice caesarean cuts and bloodstained backstabs, collected and thrown high into the air to celebrate the ides of March.

Boris has just returned to this septic isle after a quick trip to Berne, Switzerland, to attend a seminar on Current Technological Advances in Microsurgery. My paper on Leeches and Fretsaws In Modern Surgery caused quite a storm but not half as explosive as the one I walked into at the airport on my return.

For starters there was a full security alert in progress, caused, naturally, by an old bra which was in the possession of a Mr Phillip Warren. He'd set off all the X-ray machines as they detected the 'suspicious' object in his hand luggage.

Suspecting the man was a terrorist or a gun-pumpin' psycho-crazy serial killer, security guards hit the panic buttons, sealing the place and worst of all, shutting the bar while they defused the situation.

Rifling through his luggage they found the suspicious undergarment, an 1890 Lemon Cup Bust Improver no less, which Warren, a museum curator, was returning to its rightful home at the old bras department of Leicestershire Museum after appearing on a TV show in Belfast to promote it.



Let's hope that their sex life hasn't hit the rocks.

HUNG, DRAWN and

STRANGE BUT TRUE (Part 117): CARBON DATING

Next time you're on a naturist beach and you spy a beautiful woman that you'd love to get acquainted with, but whose assured coolness turns your nerves to jelly and ties your tongue in knots, it might pay to recite the following fantastic fact to yourself before you stroll over....

Apparently the average woman's body contains enough salt to fill six salt cellars; enough carbon to make 9000 pencil leads; nine gallons of water; enough phosphorus for 8,000 boxes of matches; and enough hydrogen to fill a balloon capable of lifting a body to the top of Mount Snowdon.

If you can keep a straight face after that lot you'll be in with a chance of melting the heart of the coolest ice maiden. And if you get knocked back you can still ask her for a light or some salt for your hot dog, or even some of her water to slake your thirst.

ANTS IN HIS PANTS LEAD TO COURTROOM RANTS

A man accused of indecent exposure after he dropped his pants in front of a woman told a Singapore court that he'd been the victim of a "most terrible misunderstanding".

Explaining the situation, Janda Roipromma, a 35-year-old construction worker, said: "My problems started as I was walking past the Tanah Merah railway station. I was hungry so, naturally, I climbed a nearby tree to pluck some mangoes. Unfortunately I accidentally disturbed an ants' nest.

"When I got down the ants began biting my private parts, so I took all my clothes off and rubbed myself to brush them away. Any sane man would have done the same.

"Unfortunately a woman passed by and completely misunderstood my intentions and panicked. I invited her to come closer to see the ants for herself

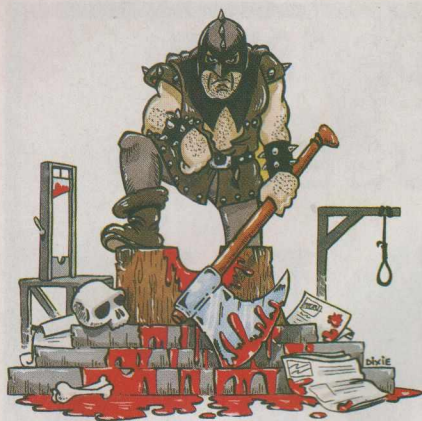
BANISHING THE BIKINI LINE

Shy, retiring types, or those who have to resort to public lidos between beach visits, can now get an all-over tan without stripping off completely thanks to a new swimming costume which is transparent to the sun's rays.

German firm Aritex have developed the costume, which looks just like any other but is made of a material which lets in UV rays.

An Aritex spokesman said: "They allow men and women to go brown in the sun without getting any tell-tale lines."

If it catches on those who delight in sneering at sunbathers with 'white stripes' won't be able to tell the real nudists from the fakers.



Boris Hatchet, the Southwark Serial Killer, stalks the streets of shame in search of the grisliest stories from the nation's scandal sheets.

QUOTED

but she screamed and reported me to the station master, who lashed at me with a fire hose and then had me arrested. Is this justice?"

Roipromma received a conditional discharge from the bemused judiciary.

NEW SEX SURVEY STUNS NATION SHOCK

Every few months a new sexual survey into the bedroom habits of bonking Brits is splashed over the tabloids' pages in an effort to cover up the fact that they don't print much news any more.

It's a self-perpetuating cycle, of course, with each new set of figures claiming to be the definitive appraisal of our love lives—until the next one the following weekend or until some smart ass from *Cosmopolitan* discovers yet another 'spot' guaranteed to send women into sexual orbit.

The last one, I seem to remember, was the U-spot, which despite arriving in a blaze of publicity proved to be twice as hard to find as the good old G-spot, and after much fumbling around with torches and mirrors, Cosmo's surveyed women all gave up in despair and frustration and pleaded for a straightforward Good Hard Shag to offset their despair.

Well, you guessed it, there's another one out and a copy of it landed on Boris's desk this morning. Needless to say, it's a stunner, a revelation, a shock-horror scoop of the century. In fact it's so good I'm going to keep it all to myself.

Meanwhile, here are a few snippets from the silly section to be going on with while I read the interesting stuff ...

• *The Scots and the Welsh buy the most vibrators. 90% of them are ivory-*

coloured and about 8in in length. Sheep are sort of ivory-coloured too, perhaps they have comfortable associations for them...

• *Men in Basingstoke are most likely to own a blow-up doll. Well, that's obvious as any self-respecting human being gets the hell out of that town at the earliest opportunity, leaving just the nerds who couldn't pull a real woman anyway.*

• *24% of 18-24 year old couples share Maltesers in bed. Sounds about right...*

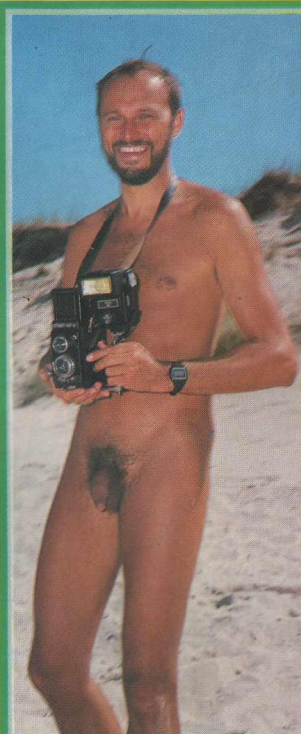
• *Men who kiss their wives goodbye in the morning live five years longer than men who don't. And I suppose the thought of returning home to the rolling pin after missing her wedding anniversary candlelit supper 'cos you were out bingeing with the lads doesn't take five years off?*

• *A man produces an average 500 million sperm in a single ejaculation, so at a rate of two ejaculations a day could produce enough sperm to totally repopulate the world in under a week. I thought the Tory cabinet were already doing that ...*

• *53% of couples have quickies while watching TV and 24% do it whilst cooking. Further proof that Carlton really is crap, the licence fee is an extortionate rip-off and a plausible explanation why your mother's fruit cakes were always a disaster when you were a kid.*

And finally, to return to the perpetrators:

• *Nipple shots didn't appear in British newspapers until the late Sixties. Probably because no one had thought of printing illustrated sex surveys until then. I wonder what they'll be telling us next week?*



Is he one of the naturist paparazzi?

HASTY BURIALS

It's Catching on Everywhere

Police have erected a sign saying: "Caution-nudists crossing" near Warm Springs, Nevada, USA in a bid to slow down traffic and are claiming a massive success. Aren't we useful sometimes?

Alternative Medicine

As a cure for impotence, Norwegians eat celery, Australians prefer crocodile kidneys while West Indians prefer sea slugs.

Green Belt Spares Blushes

Preservation orders have been slapped on trees in a nudist camp at Rufford, Lancs to screen sun-worshippers from prying eyes.

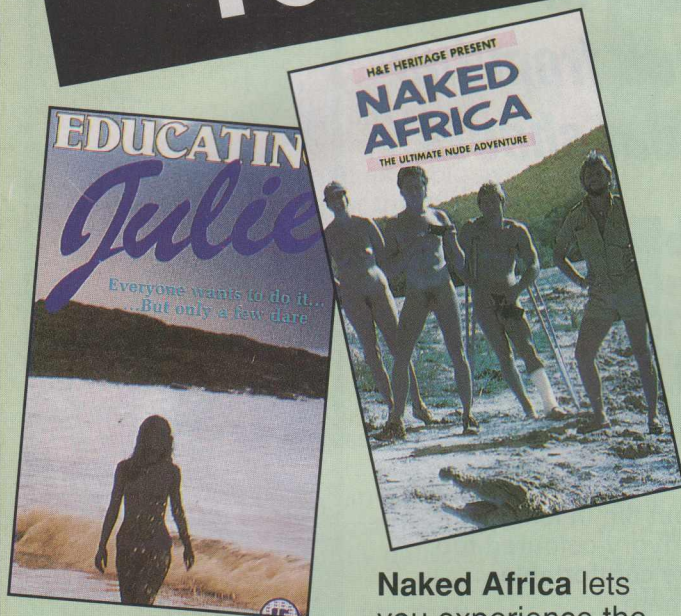
Love Bites

Women in the Solomon Islands bite their partners on orgasm. The more teeth marks a man has, the better lover he's meant to be.

Hello, Old Cock

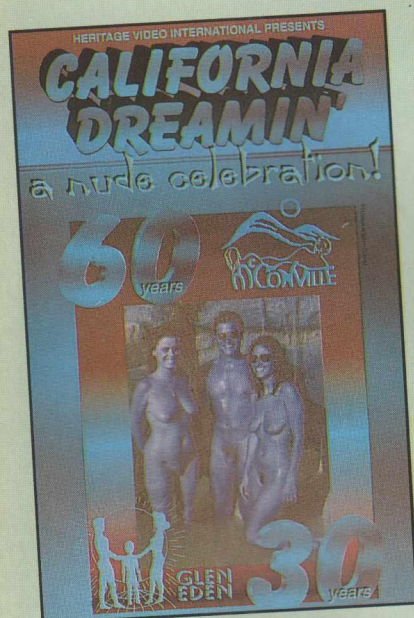
Napoleon's penis, pickled and preserved after his death, recently changed hands (sorry) at an auction for £2600.

Naturally Yours!



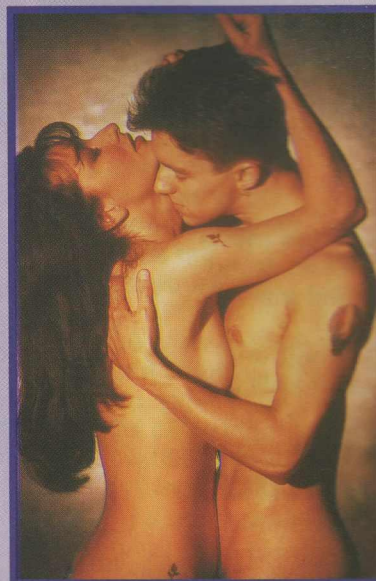
Educating Julie is the world's first naturist feature film. Shy student Julie has chosen naturism as a project to research during her summer vacation. One thing's for sure, she's not shy at the end!

Naked Africa lets you experience the wilds of the African Bush and share the pleasure in being in Beau Valley, the world's largest naturist resort. What fun!



California Dreamin' takes us on an hour long party, Glen Eden and McConville's anniversary celebrations in fact. If you buy **California Dreamin'** you get a **free** booklet about the two clubs. Celebrate naturism with **Naked Africa** and **California Dreamin'** come at **£26.95** and **Educating Julie** is only **£21.95**

MAJORVISION FOCUSES ON YOU!



BODY ART

To tattoo or not to tattoo, to pierce or not to pierce that is the question. In this in depth and often quite explicit look at the world of body art we see things that some would argue were mutilation, others that they were beautiful. Amsterdam's piercing and tattooing studios are visited, disturbing scenes (to some) are shot and the subjects themselves are questioned. An

interesting and sometimes harrowing study of a controversial subject. Not to be missed.

£26.99 incl



PRIVATE LIVES 1 HEATHERS STORY

Heather has got to go on a modelling trip, Amsterdam and Anglesey in fact. But does she want to be a model at all? In fact does she want to go away with this suspicious looking bunch of guys? Well, it's all in two weeks work for Heather, who is allowing us a rare glimpse into the life of a naturist model. Information and entertainment for just

£26.99 incl

And don't forget the other Majorvision videos:

The All Nude Workout 1	£21.99 incl.
The All Nude Workout 2	£26.99 incl.
Shooting the Nude in the Nude	£21.99 incl.
The Art of Nude Massage	£21.99 incl.

YIN YANG

You're My Thang

Life is a great big balancing act. You have to have a balanced diet if you want to stay healthy. If we want to stay solvent we have to balance our finances.

There are times when we have to balance up feelings of "What am I doing here? I ought to be on the beach"; "Why should I take being treated like that?"; "Why don't I just chuck it in, tell them where to stick their job, and go and sell ice cream on the beach at Cap d'Agde?" against feelings of loyalty to those we love and need to provide for.

We go away, enjoy Sunday afternoon on the beach and go back on Monday morning feeling well, a bit better. We strike a balance, between the need for freedom and recklessness and security and knowing we've got a roof over our heads. It's the Yin and the Yang you see. The balancing of opposites.

Everything in life has its exact opposite. Everything has its light and dark side. "In order to truly appreciate purity ... one must also have tasted ... a little wickedness." That is the principle of the Yin and the Yang.

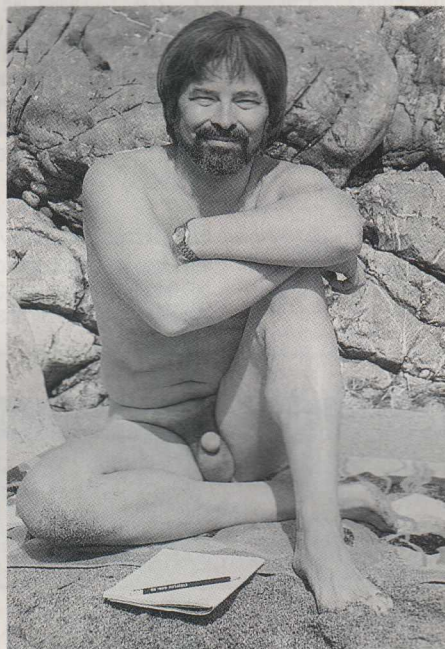
It is an idea that goes back thousands of years and has its roots in ancient Chinese philosophy.

We first recorded known writings on the Yin Yang philosophy can be traced back to about 200 AD but the concept goes back many hundreds of years before that.

The idea is that everything in life involves two opposing forces that not only complement each other, but are by their very nature intrinsically linked, the one being able to exist without the other.

Good, for example, can only exist in relation to evil, sweet in relation

James Lewis ponders the great balancing act of life - and the universe - and why it's so important to achieve harmony.



Weighing up your life - Oriental style.

to sour, love in relation to hate.

According to the ancient Chinese philosophy the Yin is the more passive force which seeks to stay constant and conserve and the Yang is the more positive, thrusting, dynamic force that seeks to change.

Look on any summer beach and you will see two opposing groups of *homo sapiens*. The "naturists", who like to take all their clothes off, and the "textiles", who prefer to keep at least some of them on.

They are opposites that complement each other. There would be no naturists if there were not textiles and no textiles if there were not naturists.

You could say that we naturists are the Yang, because in a "clothed"

world we seek to be different. We campaign for free beaches. We upset the neighbours by sun bathing nude on the lawn when we think they are out; we insist on being different.

On the other hand, by virtue of our own definition of ourselves, we could be the conservative Yin.

Listen to anyone arguing a case for setting up a naturist beach or swimming club and it will not be very long before they put forward the idea that "we" were here first, that naturism is natural because *homo sapiens* went naked long before clothes were invented.

We generally reach a compromise, we balance the opposites - the Yin and the Yang. The Yin and Yang concept, however, is much more universal than that.

When Yin and Yang are balanced, the result, according to traditional Chinese philosophy, is harmony.

In Chinese medicine, for example, treatment is based on the principle that any illness is caused by a state of imbalance between Yin and Yang.

In treating an illness the emphasis is not put on treating and relieving the symptoms, but on discovering the cause of the imbalance and putting it right by strengthening whichever of the two forces is the weaker.

Let's put the whole concept on a global scale. Most of the environmental problems we face have been caused because we have, in some way or another, upset the delicate balance of nature and if we could simply redress that balance we could cure the problem.

Redressing the balance, is of course easier said than done but nonetheless the principle still holds good. Life is a balancing act and balance is for life.

ON THE HORIZON

Aries (20 March - 20 April)

You'll find yourself basking in the limelight this month (or possibly forming an interesting relationship with someone who is). Don't waste your opportunities by staying indoors. Get out, get networking, enjoy some naked lust.

Taurus (21 April - 21 May)

Things may get a bit chaotic on the home front. No time to put your feet up – but do be careful not to put your foot in it. It's no use saying you only want a quiet life – use your energy – perhaps in building your private naturist garden.

Gemini (22 May - 21 June)

Your natural effusiveness will be much in evidence, especially towards the end of the month when Mars whizzes forward again in your house of communication. Expect a few arguments, (perhaps about this year's sunshine holiday?) but you'll no doubt come out on top.

Cancer (22 June - 22 July)

What (or who?) seemed such a romantic certainty might appear strange and disjointed at the moment. There are more deeper, darker secrets than you originally perceived. If you haven't yet braved the

for the month of March by Estella Lawrence

beach, now's the time to test the water with an indoor swim.

Leo (23 July - 23 Aug)

Your recent indecisions should be resolved on the 25th when Mars goes direct in your sign. As always there are reasons for these things, and your patience will be awarded. Give yourself a well-earned rest the day after – it is, after all a Sunday.

Virgo (24 Aug - 23 Sep)

The full moon in your sign on the 17th may help to illuminate what's been niggling you recently. Whilst you're more prone to worrying than other more carefree souls, you deserve more relaxation. A sensuous weekend at home with your loved one? Or even alone?

Libra (24 Sep - 23 Oct)

Expect fireworks and magic around the 14th when your ruling planet Venus opposes Mars. Not a time to stay at home in your slippers; on with your glad rags (or not) and wait for the sparks to fly!

Scorpio (24 Oct - 22 Nov)

Your ruling planet Pluto may have left your sign, for a while, but it will probably wreak havoc on your finances during the last week of the month. Stay steady, don't panic, it will sort itself out, but you may have to decide what really

matters to you.

Sagittarius (23 Nov - 21 Dec)

We know you're not one for the quiet life, but things are really wild at the moment. Who needs to pay for that rollercoaster

experience when you're living it now? It won't last forever, so enjoy it while it's happening – and most important – don't fight it! It's a great buzz!

Capricorn (22 Dec - 20 Jan)

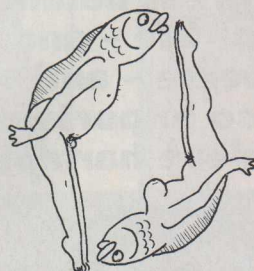
After the really tight hold on your possessions – you can afford to loosen up a little – put the spring back in your step. Get some of your whacky friends (you must have at least one!) for a nude soirée at your place – with beer and fish 'n' chips.

Aquarius (21 Jan - 18 Feb)

Life should taste sweet as Venus skips softly through your own sign this month. A time to make new friends, enjoy the ones you already have, indulge your lovers and paste icing on the proverbial cake. Invoke Aphrodite – and have an orgy! (or at least a loving moment or two).

Pisces (19 Feb - 19 March)

It's your month – and the new moon on the 1st should inspire you with brilliant ideas of new beginnings and a brave new future. You may still feel a little shaky about it (that heavy old Saturn's still lurching through Pisces), but take the horn by your hands and go for it!



Happy birthday
Pisces

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A wide selection of naturist books is available to order on page 17



Meeting Place

A NEW APPROACH TO MEETING PEOPLE, PRIVATELY AND
CONFIDENTIALLY

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Attention All

Ladies!

Meet the

Man of Your

Dreams Here

MEN

Young male seeks female to help him get more confidence in naturism. MB No 40748

It's fun to be nude! 20s male seeks females/couples for naturist and adult fun. MB No 40794

Steve 35 seeking single lady 22-29 for friendship, possible relationship. Preferred Somerset/Dorset area, but other areas considered. MB No 40965

Male 41 5'10", medium build, looking for couples/single females for naturist activities and fun. MB No 404060

Holidays? In the nude? With me? Richard 26.6", slim, fit, new to naturism, looking for couples/singles to share holidays abroad and weekends at home. South East. MB No 44070

Male 19 student in Wales, new to naturism, looking for others interested in trips, meetings etc. Available for photos. MB No 44407

Male 28 junior doctor, seeks lady over 30 for daytime naturism, massage and fun in the Staffs/Cheshire/Birmingham area. MB No 44475

Slim professional male 27, blue eyes, short dark hair, has been a model. Natural exhibitionist who enjoys naturism. Would like to meet couple for fun times. Cambridge area. MB No 44488

Discreet and trustworthy male, 30s, would like to receive letters and photos from interesting couples. Sincerity assured. No requirement to meet. MB No 44489

Male 36, quiet, looking for an attractive female to act as my companion on a trip to the Caribbean, aged between 18-36. MB No 44644

Single male naturist, young and slim, seeks males/females/couples/colour especially for nude wrestling fun. Can accommodate/travel. MB No 44646

South coast Bob 31, single and slim, good looking, looking to meet young people for adult fun and friendship. MB No 44668

Male 29, 6', slim build, seeks lady of similar build between

25-35 to enjoy naturism and good honest friendship. Wilts area. MB No 40048

Mark 32 looking for younger couples/bi sexuals, basically for fun and friendship, maybe something more serious, who knows? Likes swimming sauna and plays badminton. County Antrim area. MB No 40449

Male 29 seeks couples/females for adult fun. Beds/Northamptonshire area. MB No 40456

Robin 40 5'7" slim to medium build, would like to meet couples/females for adult fun, Gloucestershire area/anywhere. MB No 40599

Middle 20s Lancs. male, seeking to meet families/singles for winter socialising. Can travel, but not accommodate. MB No 40479

Alex 34 tall slim, naturist, offering massages to naturists in Bristol area, hoping to make new friends. MB No 40608

Tall, goodlooking black male 28, seeking experienced broadminded woman, any age, to explore the joys of life. Absolute discretion assured. MB No 40650

Single male naturist, slim good looking, seeks females, males, couples for nude wrestling fun. Coloured very welcomed. MB No 99406

Male 62 self employed, married but wife not interested seeks introduction to naturism by male, female or couple 60+ East Devon. MB No 99570

Separated male naturist 47, loves being nude with groups, couples, singles male or female. Most things considered. Posing for vids or photos no problem. MB No 99590

Male 29, clean 6'. Would like intro to naturism and sexy adult fun and friendship from single females and couples any age. Willing to travel. MB No 99709

Male, into early retirement, committed naturist offers nude odd job services for around the house. Essex, Kent, North East or South East London area. MB No 99778

West Midland male naturist 43 seeks couples and females for adult fun. Interests include photography and video, discretion assured.

MB No 99798

Dave mid 40s, hirsute naturist, into discreet adult fun, wishing to meet couples and singles, have camcorder and willing to pose or film others. MB No 98548

Male 22 looking for cultured non smoking young woman for outings. I'm tall, blonde athletic and enjoy naturism, cinema, reading writing, swimming, outdoor adventure, running, travel. MB No 98666

Clean, discreet single educated non smoking male, late 50s, seeks older couple for adult friendship. Berks area. MB No 98675

Dave 40 South Wales area, 5'10" medium build. Reasonably good looking recently divorced, seeking uninhibited lady/couple for adult fun and friendship. MB No 98855

William naturist, wishes to meet a female between 18-20 for friendship. MB No 98986

Black guy 24, slim, attractive, would like to be introduced to the nudist scene. If there are any couples out there who can introduce me, please do. MB No 97897

Edward 44 6'5", slim and fair. Professional artist living and working in London, would like to meet female for casual relationship. MB No 98458

COUPLES

London Couple naturists, health conscious, I'm 36, my partner is 33 and bisexual. Looking for likeminded couple to indulge in adult fun, games and fantasies. The broader the horizons the better it will be. No time wasters please. MB No 40774

Essex naturist, exceptionally attractive couple, he 29, 6'6" bodybuilder, she 25 clean shaven, both active, nude sunloving addicts, seeking similar couples to exchange correspondence and one poss. two young couples for catbag naturist holiday. MB No 40986

Married couple early 30s, looking for single male who can accommodate friendship and fun. MB No 44400

Genuine professional couple, Male 40, female 30, seeking

single bi female for adult fun. MB No 44456

Genuine professional couple looking for single bi female for adult fun and adventure. Cleanliness and discretion assured and expected. MB No 44476

Attractive friendly couple, late 30s and new to this, seek another couple same age or younger for good clean fun in Sussex area. MB No 99878

Scotland couple 40 yrs old, hoping to meet other couples for some fun, social nudity and friendship. MB No 99957

Happily married couple in their late 30s living in Sussex area, would like to meet similar couple for adult fun and friendship. MB No 99475

Couple early 40s, ACDC. Looking for couples, single males and females for adult fun. South Midlands. MB No 99804

Steve late 20s, Nicky, wife 27. I'm tall athletic, slim build, my wife is 5'6" very attractive. We are looking for either single female/couple in 20s/30s for adult fun. To spend weekend with, go out for meals. Live in Midlands and would prefer someone local. into naturism on the beach, but would like to extend that. MB No 98669

Couple 52 and 45, living near Spaghetti Junction, starting up new menu, for mixed couples only. MB No 98849

Attractive friendly couple, late 30s, new to this, seek another couple, same age or younger for good clean fun in Sussex area. MB No 98968

Couple male 30, female 19, seek single naturist females/couples, any age for adult fun and friendship. New to scene and willing to travel. MB No 98896

Couple, early 30s seek other couples for adult fun. Surrey/London area. MB No 97877

Man and wife 35 and 33, want naturist young friend male /female in early 20s, living in Kent. MB No 97909

Married couple 40 and 43, South West, committed naturists, looking for couples and singles for adult fun. Can accommodate. MB No 97978

North West Couple, female

34, male 36, seeking male 18-40, looks, size and colour unimportant for friendship, massage and adult fun. MB No 98057

Couple 33 and 51, seeking another couple for friendship and outings. Do easy walking. Not actually naturists but willing with the right people. Not wealthy but healthy and wise. MB No 98086

Couple 31 and 35 seek othertouples for adult friendship. West Midlands area. MB No 97744

GAYS/BI

Nottingham male good body, into naturism, likes music, theatre etc. wishing to meet other males for friendship and fun. Summer is coming MB No 40989

52 yr old Midlands guy would like to meet other guys, any age for daytime nat. fun and poss. friendship. MB No 98948

GENERAL

Artist working in London would like to meet females who would be interested in modelling naked for painting, hopefully also interested in fun. MB No 44485

John 20 GSOH, slim dark hair, clean shaven, very keen naturist although inexperienced, living in Northern Ireland would like to correspond with new friends anywhere. MB No 99970

Robin from Gloucestershire would like to say sorry to M&F from Gloucestershire. I was very nervous, so please give me a ring if possible. MB No 40600

WOMEN

Rachel 18.5'6", dark shoulder length hair, game for anything. Male/Female, pose for photos/videos, anything! MB No 40455

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Calls must be made from a push button phone and advertisers must be a minimum of 18 years of age

Taking time to
plan our
escapades.



**"It felt
wonderful to be
so physically
close to
someone."**



We had a
fun but firm
friendship.

When I was a teenager,
on hot sunny days
there was nothing I
liked better than exploring the countryside
with my mate, Clare.

Mum would make us wear stupid brimmed
hats so that we didn't get 'overcome' in the
heat. I think my mum would have been the
only one 'overcome' if she'd seen what Clare
and I used to get up to on those days.

At that age sometimes you deliberately flout
what's considered 'proper'. Once out of sight
of the town we used to strip off and get down
to some serious sunbathing.

We were energetic and supple young girls

"Warming-up"
under the sun.



and loved to test each other physically. We'd
mess about for ages, trying new gymnastic
feats and practising various routines that we
could show off in college.

The outdoor life was the life for us.
Horse-riding, swimming, walking and
our little competitions all kept us
seriously fit.

It felt wonderful to be so physically close to
someone. Our rough and tumble was just
further demonstration of our close friendship.

I trusted Clare completely. I needed to
really for some of our antics. Looking back on
it now, we were really quite adventurous and
it was lucky really that neither of us ended up
with more than a grazed knee.

Lisa Jones reminisces on her **AGE OF INNOCENCE**



Practising to be future celebrities.

Sometimes we'd pretend we were famous, on Summertime Special or something. We'd be circus girls one day or maybe pop stars the next or even disco dancer champions, showing off our more elaborate moves.

I look back on these days with nostalgia as our fun all seems so 'innocent'. We did have a sense that what we were doing wouldn't be approved of but it wasn't associated with the same kind of 'shamefulness' as it is by some people today.

If we had been discovered by our parents

I often hark back to a time when nudity meant fun and vitality and the only disapproval I incurred was for being late home.

we would, no doubt, be in big trouble. But only in the same way as if we'd stayed out too late.

Nowadays, if I let it be known that I pursue naturism, people look at me as if I'm a bit 'dirty' or at least eccentric. They think I must be into partner swapping or other such scandalous activities, just because both involve taking your clothes off.

When are people going to stop judging us in



It's time to give my feet a break.



It might be circus time but I hope I'm not the performing animal.



I was always told that I was the leggy one.

We were energetic and supple young girls who loved to test each other.

such a negative way? No one sees anything wrong with kiddies running around naked. What a shame that adulthood brings with it a destruction of this innocence for its own sake, and not that there's anything inherently corrupt about a naked adult.

Even now, though, people are seeking to outlaw the purity of children's nudity. If one takes more than what is deemed a natural interest in a naked child you might be called a pervert, and if you have pictures of naked children (even your own) you can be prosecuted for indecency.

One can understand the need to protect children but haven't things gone too far? Aren't we just destroying what we sought to protect?

Maybe Clare and I secretly wanted to be discovered. We wanted to be spotted by some talent scout how thought we could make the big time. Well I'm telling our story in *H & E*, aren't I? For a naturist that is the big time. **H&E**

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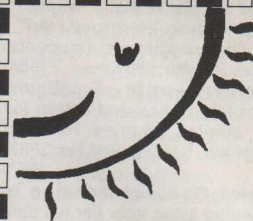
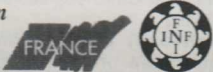
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MATURE MEN

I thought I would write in and thank everybody for the great response I have had from my two recent personal ads asking for mature males to pose for photographs.

My question now is would any of your readers like to see more photographs of mature men being published in the magazine (Vol 95 No 3 page 59).

I would welcome readers comments on this neglected area. Please write to me at: 38 Lintons Lane, Epsom, Surrey KT17 1DD.

Yours faithfully
STEVE FORREST

Bare Bites

Your chance to write a slice of naturist life.
Send your tasty helpings to: *H&E*, 1st Floor, 64 Great Eastern Street, London EC2A 3QR.

ABSOLUTE BEGINNERS

I am relatively new to naturism but I have enjoyed every opportunity I have had to rid myself of clothes. I look forward to *H&E* as it keeps me informed of any events, particularly as I know of only one club in my area, so *H&E*, I feel, is a guide for the young or beginner naturist.

However, I would like to voice my concern over the magazine and the use of female models – it gives the impression it is a soft adult magazine, mixed in with various adult publications – I find it embarrassing to buy. *H&E* is for naturists – of all ages – and should encourage naturism for everyone through the magazine. How would a young woman feel buying *H&E* from the top shelf? Naturism should be encouraged for all and I hope *H&E* is not going to be classed as an 'adult mag' that it looks like (for example the cover of Vol 95 No 5).

Far too much is posed, and there's not enough 'real' naturists involved – why not for example do a series for example do a guide to naturist Britain, covering parks, beaches,

camp etc with families and people there? Perhaps it could encourage nudists in the north west as I've not read of any major clubs here which will accept single men, are there clubs in Blackpool or Southport?

I'm looking forward to the day when I can sunbathe on a naturist beach in a holiday resort – not too far from home! I can but hope.

Yours hopefully
DAVID (21), LIVERPOOL.

THE TIDE IS TURNING

My husband persuaded me to dispense with my pubic hair several years ago. I enjoy being smooth but have never been really comfortable being in such a small minority.

Fortunately things are changing. A couple of years ago less than a dozen men and women were depilated at our club. This year there are around 50 – still a minority, but a much bigger one!

If you add those who 'trim' their pubic hair closely and for once we're possibly in the majority for the first time. The recent changes in *H&E* will only help to encourage the trend.

I may be older and fatter but at least I'm now starting to feel that the 'smooth' look is becoming more acceptable for all ages and sizes.

I'm not sure if the same yet applies to men. We met one of our friends at Agde last year. He belongs to the Smoothie Club and depilates completely. My husband would like to try it himself but steadfastly refuses to shave off more than his pubic hair because total depilation is not common among men and he is worried about what others might think. Perhaps *H&E* could help redress the balance with a few full page photos of totally smooth males. It wouldn't be to everyone's liking but there is no doubt that they stand out from the crowd and are considerably tidier than their counterparts! In my view very sexy too!

Anything *H&E* can do to make personal grooming (to shave or not) a completely FREE choice for both sexes and to get rid of outdated stereotypes is to be applauded. Keep up the excellent work!

JANICE SLANEY, ESSEX

NO NUDES IN THE PROVINCES

It is intriguing to note that while there is naturism all over Europe, there is absolutely none of this 'organised nudity' in the tiny countries of Liechtenstein, Monaco, Andorra or San Marino. So here I am, probably one of the first to try naturism in the wood of Liechtenstein. I suggest that your team conduct a naturist report on these four lovely countries!

We'd love to! In the meantime, does anybody have any experience of naturism in these countries?



"Where's everyone gone?"



"What are you hiding down there?"

'CONVERTED' AT MYKONOS

It would give great pleasure if you could include the enclosed photos in your Hot Shots section. The photos are of myself and my girlfriend, Julie Brennan on holiday in Mykonos this year.

It was my introduction into naturism, in fact the

photo was taken on the first day, and I can honestly say that I've been 'converted'. As soon as the brochures are out we shall be booking a naturist holiday or somewhere with plenty of naturist/nude beaches.

Yours faithfully

M. SHILLITOE, YORKSHIRE.



True sun worship.

FRIENDS IN NUDE PLACES

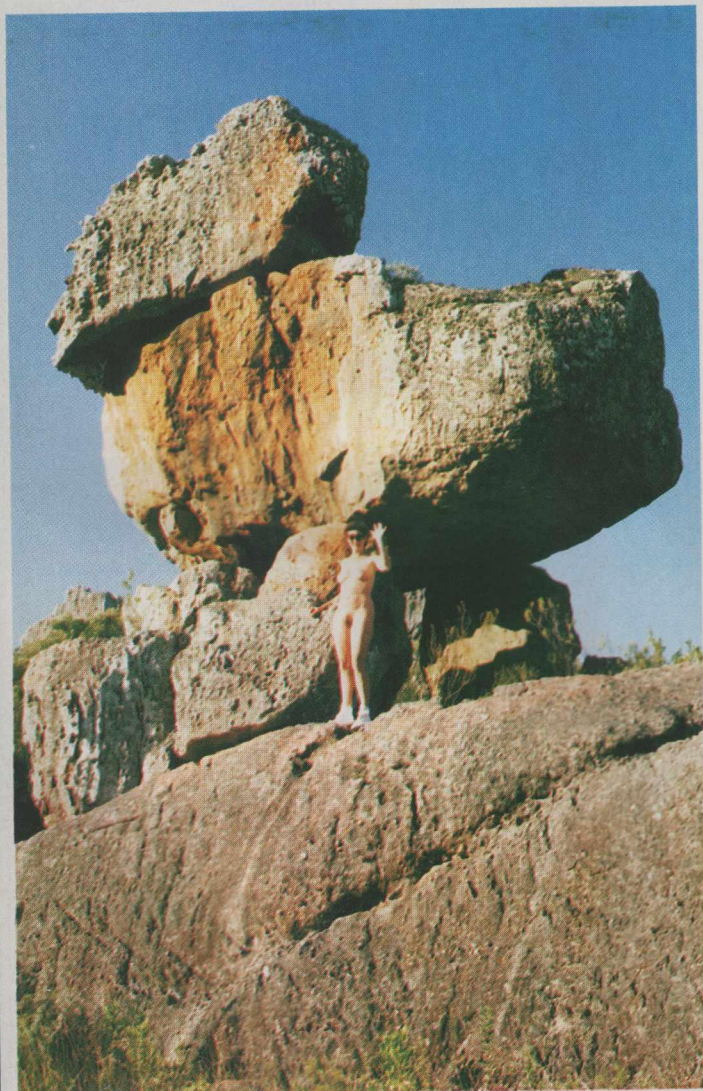
During 1989 we were happy to hear that some friends in Cape Town had acquired a 400 ha piece of unspoilt land to turn into a private naturist retreat. We eagerly followed their progress in erecting basic accommodation and really only appreciated their efforts when we were finally invited there in September 1992 after they completed their mammoth task. Just for the record, we live 1000 kms apart.

Well, the time finally arrived to leave home for our rendezvous in the Western Cape. As we had lots of 'time' instead of driving straight down to the Cape,

we did an anti-clockwise tour of South Africa covering the Kalahari Desert, down through Namaqualand, visiting a couple of West Coast towns on the way.

We eventually arrived at our destination, mainly due to excellent directions by our friends and likewise navigations by Hester, greeted our friends with great joy, and were treated like kings for the duration of our stay.

Can anybody imagine the bliss of a week without cars, watches, radio, TV, newspapers, electricity, etc? Well, let us assure you of complete relaxation and serenity. A typical day would



"Between a rock and a hard place".



Well, their heads won't get burnt ...



Showering 'al fresco'.

start at around seven with only birds to hear. Although gas stoves were available, we preferred to start a small fire to boil water for our first cuppa.

At around half ten we all assisted in serving a "brunch" with fresh bread, baked the night before in an open fire. Midday would find us wandering down to the clear mountain stream and rock pool, where we'd spend the afternoon swimming, talking and the inevitable

napping in the shade of some indigenous bushes and trees.

Shower time arrived at four and as you can see from the shower scenes, also took place in the open, with crystal clear water tapped from a mountain stream higher up.

The evening would find us back at the house watching beautiful sunsets while sipping cocktails. Preparations for supper would start at around quarter to seven and everything was cooked in the traditional South African way in cast-iron belly pots over open fire. Bread for breakfast in the morning was also baked in the evening and after a hearty meal we would start making excuses to retire at around nine thirty.

The whole day was spent in the nude, we ate nude, slept nude and had the most relaxing time ever.

With great reluctance the time of departure crept up on us and we proceeded with our journey to Cape Town with a little sadness in our hearts, but then again, we were invited back this year and no prizes for guessing where we'll be going next time round.

Regards,
Andre and Hester Alberts,
Virginia, South Africa.

BRILLIANT BASICS

Congratulations! You finally did it in *H&E* 95/8, presenting the six full page layout of the two girls getting "back to basics", in all their splendour.

The double-page centrefold is the finest photo of naturism and relaxation that I've ever witnessed. It is marvellous. I'm not sure what changes you've made to your publication, but please, more of these!

I've pulled the picture from the magazine and mounted it on cardboard, and will display it in my office whenever possible. I'm delighted that I finally succumbed to pressure and renewed my subscription. The first issue was somewhat disappointing but this one was fantastic.

I've been depilating myself and my wife of late and find it to be a sensational experience.

ROBERT BUNN, PASADENA.

SILKY PRAISE

I would like to congratulate you on your great magazine. I am delighted with the new format and also with the new abundance of "smoothies" you are showing.

Your "Man of the Month" for issue Vol 95 No 5 was a terrific photogenic specimen. I hope you show others like it. Also in Vol 95 N. 4, the article on page 70 (Close Shaves), bought a touch of pleasure over the sometime taboo subject of shaving.

I shave all my body hair, only my head remains "furry". I have a number of friends who dabble in depilation and we have many good times together. Some are already members of the Smoothie Club.

P ROBERTS, CHESTERFIELD.

SNAP HAPPY

I've been a reader of *H&E* for almost a year and I've decided to pen to paper regarding the issue of photography.

For many years I've been a keen photographer and a naturist, though this year I found out that, at least on beaches, the two are not compatible.

I went to Fuerteventura this year and whilst on the beach I attracted quite a few stares from many German naturists because I was walking around with my camera over my shoulder. I can't think why as I was naked as they were. Well, even more so, being a "smoothie" (I like it too!).

I guess, whilst people are brave enough to bare all, when it comes to having their picture taken they're just plain "chicken". Now I doubt anyone would mind being photographed if I was a girl ...

I've now seen the situation from both sides of the fence with regards to the photographer and naturist. I'm interested in hearing from anyone (all welcome!) interested in forming a naturist photography/video club around the Manchester area. It seems to me to be a sensible way of enjoying both hobbies without causing offence to anyone.

So, if anyone is interested in helping form a club or being a model, I would be most interested in hearing from you. You can reach me at the following address.

MIKE WALCH, 33 COLERIDGE ROAD, OLD TRAFFORD, MANCHESTER M16 9QV.

SINGLE HANDED BUT SUCCESSFUL

The world of naturism needn't be closed to you just because you're single. David Anderson explores a few of the options.

My own interest in naturism began in childhood, but as my parents were not naturists, I did not get my first experience of naturism until 1980 when I went on holiday to Hastings and visited the official beach at Fairlight Glen. I became hooked and from then on was determined to enjoy naturism whenever possible.

I had heard of the problems which confronted single males, but was adamant that those problems were not going to stand in my way. I began to buy *H&E* monthly to find out what facilities were available, and from the articles and advertisements I realised that very little existed for the single male. I bought books and contacted clubs. Gradually, through my efforts and determination, a very pleasant and happy naturist lifestyle began to emerge.

My first purchase was Phil Vallack's *Free Sun Beaches*. I read through it carefully, and then visited and enjoyed many of the beaches mentioned in it. As a result of that, I made many new friends.

On reading through a copy of *H&E*, I read an article about Mark Wilson's club 'Eureka' at Longfield in Kent. After making a one-day trial visit, I subsequently became a member.

As many people are aware, Eureka is a naturist club whose membership is open to everyone. Male members pay a fee, while ladies and children are admitted free. The sexes are therefore well-balanced, and the only membership rule is "thou shalt not annoy". The facilities are very good and Mark is always trying to add new ones to enhance the club.

Not far away from Eureka is Silverleigh, at West Kingsdown in Kent. It is a predominantly indoor

naturist club, and is open to single males on most days of the week.

On reading through *H&E* on another occasion, I read about the Coast & Country organization run by David Martin. Among his many naturist interests, he publishes the annual "Coast & Country Naturist Guidebook", which lists naturist activities throughout Britain. The guide also contains tide tables, which are invaluable to the beach-loving naturist.

I have visited several of the saunas and health clubs which welcome single males, such as Studio K at Rushden in Northants, Rios in north London and Bristol Gardens Spa in Brighton. David Martin is a very friendly and obliging man who is always ready to help his fellow naturists, regardless of their marital status.

All the books I have mentioned are readily available from *H&E*, along with other naturist publications. *H&E* in all its forms is easy to obtain, is available to all naturists and can even be sent to readers through the post.

Don't expect everything to come up trumps either. A well-known naturist organisation, having snubbed me because of my status, they then mentioned that they were a charitable organization, and asked if I would be prepared to donate money from my wages to them! I wasn't good enough to be a member of their organization, but in my absence my money would be good enough to help them run it.

Many of the facilities can be reached by public transport, or you could try car-sharing. A naturist lifestyle such as mine can be attained in any part of the country. I have done it and so can you.

Get rid of that single male naturist stigma and GO FOR IT!



DIGNITY and DELIGHT

I just received my copy, Volume 95 No 8 of *H&E*. You certainly exceeded your usual outstanding quality with this issue! I must congratulate you all on publishing a magazine that, month after month, celebrates the beauty of the house we each live in.

Thanks to your persistent efforts, we can all rejoice in our sexuality, our unique and individual desires, and express our loves of life as we need to live it.

I would expressly like to applaud your feature article and photo layout, "Back to Basics". Rosamund and her lovely friend Marielle were radiant in the 10 photographs provided in this issue.

Their totally hairless bodies were a refreshing change of pace and showed the female body in all its beautiful, youthful splendour. I have always felt that it was incredibly poor design (by our creator) to distribute hair across the adult male and females body.

Your presentation of fully depilated adults speaks out for the dignity and delight of being fully clean and feeling totally naked. I can't remember the last time I saw hair growth on my body, and NO – SUSAN MAYFIELD, I am not a transvestite! Just a clean naturist who enjoys being really clean.

My wife and I have been nudists for the past 25 years, and practise the lifestyle for as long as our north-eastern weather permits its existence in comfort.

I have never seen her undeveloped, and after seeing her beautifully naked that first time, I joined her enthusiastically.

We hope that you will feature more shaven nudists in future issues. We applaud those of us who choose to live beautifully hairless. Thank you for an outstanding publication ... keep up the excellent work.

BOB BEARS, PENNSYLVANIA.

JOIN TOGETHER

I am a married man, father of three, with a wife who is not interested in naturism any longer. Though she and I used to frequent free beaches and quiet countryside areas in the past.

I am also unemployed and broke, so I cannot afford membership or travel expenses to clubs like Eureka, where lack of a female partner does not necessarily matter.

However, I do have some friends in and around Luton who have been very supportive, and it is at the suggestion of one of these couples that I have written in to ask if there are any others, married, single, male or female who feel that, if there was a local club that they could join, that they would do so.

By this I mean a group of fellow naturists that would meet on a regular basis in each others' homes, or, if there are enough of us, hire a leisure centre for an afternoon or evening.

If anyone is interested in contacting me, they can do so at the address that I have given above. I hope that we can get together soon, as I miss the social interaction involved in the clubs.

MR I BRODIE, 74 FLINT CLOSE, MARSH FARM, LUTON, BEDS:LU3 3LX

WHAT'S IT ALL ABOUT?

One question which gets put to me very frequently is: what is the point of nudism? After this come the usual comments to demonstrate the reason for the question which are that it serves no proper function and nudists do not become healthier or live to very old ages and so forth.

It is strange that folk are not so quick to ask about the purpose in sporting activities such as cricket and football or any other game. Is there anything very great in knocking a stub of wood from a wicket or make a ball go between two posts? Yet it thrills so many people all over the surface of the earth.

We may well remember that one man's meat is another man's poison and likewise one man's belief is another's nonsense. One man's enjoyment is another man's mental depression and those who see nothing in naturism can at least appreciate the difference in taste for the nudist.

The man who maintains that his depression was cured by going to a nudist club may never be able to explain his change of mood, but is this so very important? If it worked for him, why not end the story there?

We can also note that no clear demonstration is given why a football match is so very entertaining. It is all so very much to do with part of human beings which cannot be brought to the surface.

Having said so much, let us hope that a healthier attitude to the subject can be developed from the citizens of this century and true tolerance can be obtained.

There is surely enough chaos in the world as it is without there being so much bitterness expressed by those who demand a clear reason to show for everything. Perhaps some reason can be given for the need for morbid human curiosity which is the cause of so much unrest. It is all very strange, but the matter must be allowed to rest there.

STEVE F YARDE, KENT.

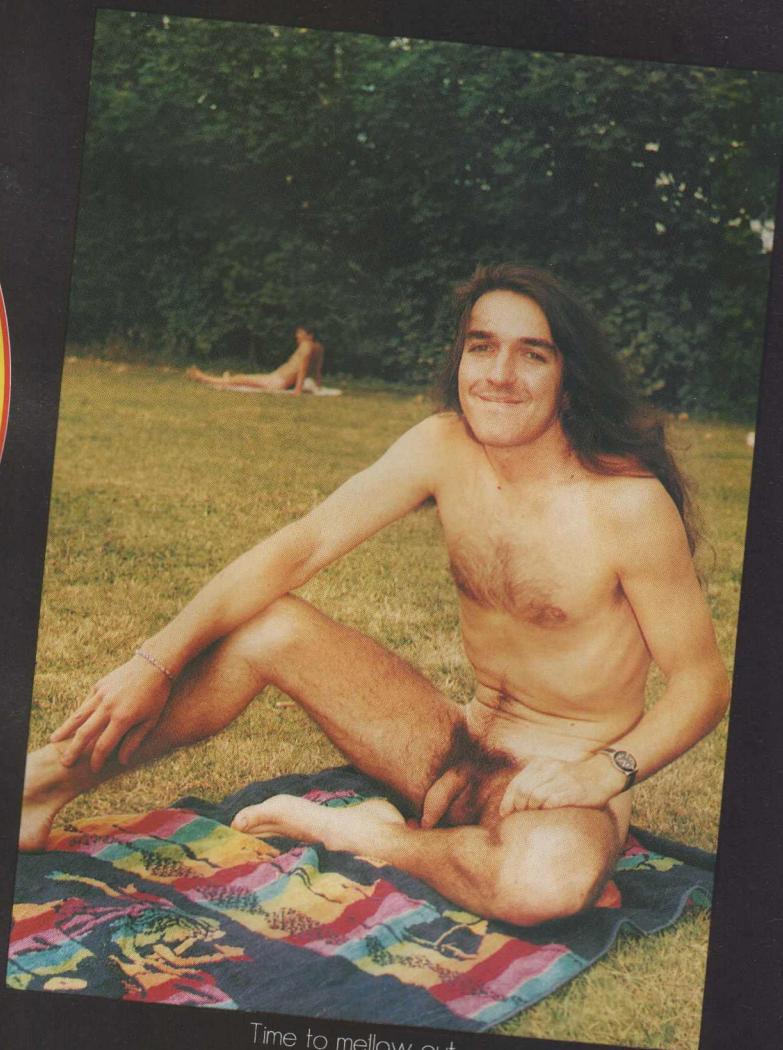
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Toedipping trepidation.



Time for some reflection.



Naturists don't often miss a ball.



This man thinks it's "snow" time!



Shaving is 'no-go' for some.



Spot the sunniest-flower.



Give me some shade.



"The sun has got its hat on ..."

MAN

of the MONTH

This month's top man likes nothing better than stretching out in his own little sun-trap. With a towel and a pair of shades his back-yard is as good as any club.



Catching up on current affairs.



Time to bear the glare.



Take time out on a towel.

SIZZLING SKIN REPORT

As I write, I'm providing a special feast for the dust mites who thrive on our discarded skin. Yes, I've just returned from a holiday in the sun, and would be looking drop-dead gorgeous with my brilliant sun tan if it weren't flaking prodigiously all over the desk. The results of this process unfortunately leaves me resembling one of the lizards who were so endemic to the island from which I've returned.

Did I take the advice of the countless learned contributors of this magazine and go for a gradual and safe suntanning experience? You bet I didn't. On my first day, I eschewed umbrellas, lost brain cells in the heat, and prepared for that evening's lobster look.

If I keep making the same mistakes, how can I really criticize all those journalists who repeat those disparaging comments about naturism, particularly those who write what they think are witty but are in fact patronizing articles in national magazines. All last summer they visited nice little clubs, and still came out with tedious jokes on frying bacon, about who they think should and shouldn't be seen in the nude, and, of course, the famous beach balls references.

It is just another cross we have to bear. And one day, I'll remember to pack the Factor 25.

Kate Sturdy

Next Month:

- **Why the media have got women all wrong.**
- **The pros and cons of body shaving.**
- **Travel: Spain, France and Holland.**
- **Rings, studs, chains and tattoos: a body**

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**See page 49 for the
Meeting Place**

JILLY'S JOURNAL

Last month Jilly visited her first 'nudie' party but that was merely a taste of things to come!

Spring has sprung, the grass has riz, I wonder where those nudies is? Well, I have a strange feeling I'll soon find out!

The sap is certainly rising as far as me and my man are concerned! He really doesn't seem to mind my wrinkled and lace-like stomach. I've even managed – on a few occasions – to walk from the bathroom to the bedroom without covering up, he doesn't even blink.

Oh hell, it's certainly May and a sunny Saturday afternoon, my man has suggested we pay a visit to his naturist club. Time to meet some more of the *members*.

OK, so it's a nice day. What's wrong with sitting in the garden? Yes, I agree I like the sun and getting a suntan. No, I don't particularly like the contrast between brown legs and arms against the rest of an insipid torso. But who's going to see it?

Well yes, I suppose he's right saying that he will – and in his own opinion an all-over brown body is easier on the eye than a piebald one. But, but ... grotesque *me*, take my clothes off ... others will run a mile at the sight of my body. Yes, I am aware that he doesn't, but maybe he appreciates me for my 'hidden' talents that they won't know about.

"Give it a try," he says. "Just call in for a few

minutes. If you hate it we'll leave."

We drive up to the club and park the car. My man gets out a key to the large green gate. My legs feel like jelly. Bits I didn't know wobbled are wobbling. We go through into the grounds. Where do I look if I'm introduced to nudies?

We walk along a path towards some greenhouses ... out of the corner of my eye I notice people lying below us on the grass ... naked! Oh ****!, a late middle-aged couple are sitting with bare bums on towels draped over upturned logs at a table groaning with bottles. They smile at my partner.

Oh journal, what *am* I doing here! I feel conspicuous with clothes on. *Dare* I take off my shirt and bra? At least my boobs are something to be proud of!

No one's taking any notice of my half-naked body, they're too busy drinking, talking and enjoying themselves.

Relax Jilly, just enjoy the 'views', they're certainly interesting! I didn't realise that 'things' came – whoops – in so many shapes and sizes! I wonder, dare I? No, don't be ridiculous, I can't ... or can I? Will curiosity get the better of me? What must I feel like to have the sun warming all one's body ... ? I wonder ...

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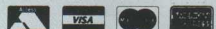
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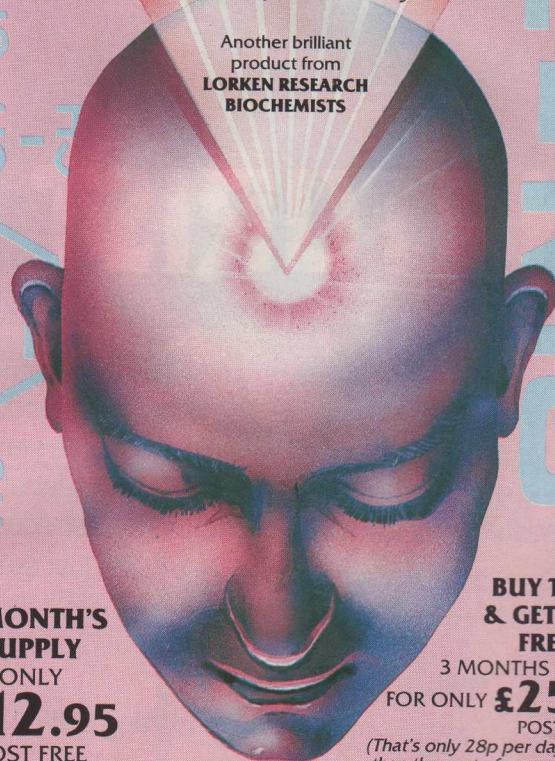
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